



# QUANTUM LIGHT BREATH WORK AND TRAUMA RELEASE - THE JOY OF BEING

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## AT OSHO LEELA

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We Are Offering 2 Events:

**EVENING SEMINAR** • Thursday, April 4th • 7:00 pm - 9:00 pm • Cost \$25.00

**WEEKEND SEMINAR** • Friday Evening and Full Day Sat May 9 -10  
Friday 7:00 pm - 9:00 pm • Sat 8:00 am - 5:00 pm • Cost \$95.00

This weekend (evening) workshop will use the power of cyclical focused breathing to release and heal past traumas and experiences that keep us from feeling connected to ourselves, others, and to the present moment. By means

of Breathwork meditation we will create a safe, loving, and supportive environment, leading to an experience of what lies under our unconscious patterns: the presence of Joy, Lightness, and Celebration which lies at the Core of our being.

### FACILITATORS

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Punitama  
Phipps



Avinash  
Phipps

OSHO LEELA  
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To Register