



Breathwork

with
Tara Nieves

Saturday, April 3rd

2:00 - 4:30 PM

\$35 pre-registered by March 27th
\$45 thereafter

To Pre-register please call: 508-376-4525

Expand your BREATH ~ Deepen Your Practice A Breathwork Workshop

with Tara Nieves, therapeutic breathwork practitioner

Learn the tool of conscious connected breathing~ expand your breath capacity; raise your awareness of how well you are breathing; and take your practice (yoga, tai chi, meditation, etc) to a whole new depth.

www.breathawakening.com

Tara Nieves is a therapeutic breathwork practitioner, with a private practice serving the South Shore and Boston area. She passionately and playfully shares her knowledge of breath to empower people to create more health and joy in their lives. For more information, please visit www.breathawakening.com



Location: Yoga at the Ashram
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