

## ***BREATHE – an Enlightened Way of Being***

Enlightenment is a long slow process. Every minute of every day offers us an opportunity to resist or assist this process that is happening within us – in spite of our unconscious resistance to it.

This 8 hour course is an opportunity to learn how to stop being in “resistance”. Resistance is the norm so we can ALL benefit by becoming more conscious of how we “resist” and learn to free up our Breath and our Being.

I have been a wholistic practitioner for 40 years. I’ve created a wholistic approach which is easy to learn and use. We don’t change how we breathe, walk, stand or speak over night, but, by developing an awareness of our breath and our “observer point” within, we begin to participate more consciously in the process of our own transformation. Taking consistent little steps (maintenance) is the key and benefits are noticeable immediately.

Join me this Fall for an On Line **or** Live BREATHE Class. Make the time to experience your life and your breath in a new way.

Carol Martin, BA, RMT

### **LIVE Class Dates FALL 2021:**

**Thursday Mornings: Oct 7, 14, 21 & 28 from 10:00 AM to 12:00 PM**

**Fee and Location: \$200; 300 Lakeshore Dr. Suite 102, Barrie, ON**

**ONLINE Class Dates FALL 2021: Wednesday Afternoons: Nov 3, 10, 17, & 24 from 2 PM to 4 PM - Fee: \$200**

**Fees are payable in one payment or divided into smaller payments, by E Transfer to my email [carolmartin155@gmail.com](mailto:carolmartin155@gmail.com), or by cheque or cash to: 10 – 222 Steel St. Barrie, ON, L4M 2G5. Live payments with debit or credit card are also possible.**

If you have questions contact me at 705-734-0107 between 9 and 9 EST or email me. See you soon! You can also check out my website for testimonials and options on purchasing my book BREATHE. It is available in all formats.

[www.enlightenedliving.me](http://www.enlightenedliving.me)

**Yours in Light and Love, Carol**