

RELEASE THE PHYSICAL, MENTAL, EMOTIONAL & SPIRITUAL BLOCKAGES FROM YOUR LIFE

illuminate.™ breathwork

FOR HEALING & AWAKENING

Breathwork is a sacred, embodied practice that uses conscious, connected breathing to open the door to expanded states of awareness and deep inner healing.

As the breath begins to move through the body, energy awakens and flows. What has been held beneath the surface, emotions, memories, sensations, and old patterns, is gently invited into awareness and released. Each journey is unique. Some experience emotional clearing or insight. Others touch deep stillness, a sense of unity, timelessness, or communion with something greater than themselves.

The process is guided with care and intention. It is gentle, safe, and deeply supportive. You remain present and in choice throughout the experience. Many people leave feeling lighter, more open, and more connected to themselves and to life.

This experience may support:

- Release of stress, tension, and emotional residue
- Expanded awareness and intuitive insight
- Letting go of old stories and unconscious patterns
- Increased vitality and creative flow
- A deeper sense of connection to self, spirit, and the mystery of life
- Safe and natural access to non-ordinary states of consciousness
- And so much more



No prior experience is necessary. Simply come with curiosity and a willingness to breathe.



1 Special Event

Friday June 12th
7pm to 9pm

Location:

3B Movement
4801 N University Ave, #530
Provo, UT 84604

Exchange:
\$45 (space is limited)



REGISTER TODAY AT

www.3bmovement.com