

Breathexperience™

Day of Breath

Ala Kukui's Halau Poli Laua'e - 4224 Hana Highway

Hana, Maui

Saturday, January 31, 2009

9:00 am - 12:00 pm



Teacher: Margot Biestman
Breath is Life!

In this day of breath, you can experience through simple breath and movement sequences that the basic principles of breath also hold the basic principles of life.

These principles of breath can be a guide to living your life in a state of ease and well-being, with a sense of oneness—a meditation practice applied in everyday living.

You can explore to some of your questions and experiences related to breath and life, and may find some answers through breathexperience!

"Woes on Wall Street may press our fear buttons, yet have little to do with the greater Breath all around and in us. We are receiving a wake-up slap on our new-born butts; listen! for your root-breath! live from your essence!" Erin Lindbergh

At the end of the workshop from 1:00-2:30 will be a celebration, presentation, and signing of Margot's two new books:

River of Breath and Breath Art

Margot Biestman, Director of the Marin-Sonoma Center of the Middendorf Institute for Breathexperience™

is an internationally recognized breath practitioner and teacher/trainer. Breathexperience™ is a comprehensive and developmental practice, which invites presence and the physical sensation of breath movement in the body to enhance growth and well-being.

Cost: \$35. (A limited number of scholarships is available).

To pre-register and for directions, phone Erin Lindbergh at 248-7329