

# Breath Integration with Colin P. Sisson

May 13-14, 2017

*How to find*

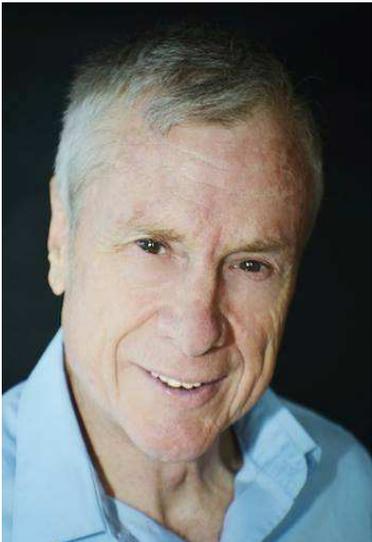
*Love, Joy and Freedom*

## Are you:

- feeling powerless or controlled by others?
- stressed and overwhelmed?
- looking for peace of mind?
- looking for inspiration?
- a healer and would like to enhance your work and find new ways to help your clients?

## In this workshop you will learn to:

- connect with your inner power & embrace your full potential
- connect with your intuition and creativity
- overcome other people's attempts to control or manipulate you without conflict
- become aware of your emotions and learn how to cope with them
- mindfully experience the present moment
- become the master of your own life
- fully experience love, joy and freedom in your life



As an internationally recognized inspirational writer from New Zealand, Colin's seminars, workshops and lectures focus on conscious living through the power of being present. He has many years experience of inspiring people to expand their awareness and to achieve their full potential. Colin's experience with Breath Integration first began on the battlefields in Vietnam. As he faced his own death and crippling fears, he found himself awakened in what was his first honest present moment. From that time on, he was inspired to understand and help lead others to a similar awakening, and Breath Integration was born. Colin is known for his sense of humor, powerful yet simple teachings, and his ability to create a special atmosphere in his seminars. His teachings are practical, compassionate, and very powerful with life transforming results. Inner Observation and Self Responsibility are the primary principles and foundation of Breath Integration. It focuses on the practice of being present with feelings, emotions, behaviors and motivations that drive us. It is a gentle yet potent method that facilitates deep presence, full mind-body integration, and true awareness and awakening. Breath Integration is safe, easy to learn and a practice that anyone can adopt for themselves during times of crisis, stress or while just enjoying the moment without beliefs, dogma, or conditions.

## INTRODUCTORY TALK and BOOK SIGNING

May 11, 2017 at 7:30pm

Bookstore at 1164 N. Milwaukee Ave. Chicago

Suggested donation \$5

## BREATH INTEGRATION I: 2 day Workshop

May 13-14, 2017: 9:30am - 5:30pm w/ 1h lunch break

Early Registration: \$297, if \$100 deposit by 4/27/2017

Workshop Fees: \$397 after 4/27/2017

address will be given to registrants

Contact: Sylwia Delon 773-289-8650 [sylwia.delon@gmail.com](mailto:sylwia.delon@gmail.com)

More info at: [www.colinsisson.com](http://www.colinsisson.com) <https://goo.gl/l66B0u>

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