



# Journey to your Heart Transformational Breathwork in Dubai

Tuesday 22nd of February, 7:00pm- 9.00pm

**Join us on a journey to take an energetic leap into a fresh way of being:**

- Heal and transform with the power of breath, music and community
- Uncover your own truth and reconnect with your joy
- Let go of held feelings and trauma
- Resolve conflict and pain (emotional and physical)
- Create a new lens on life

### **What to expect**

- 60 minute breathwork journey with a phenomenal soundscape in a supportive space.
- Sharing and integration
- Refreshments

LIMITED TO 12 PEOPLE



Andrea Anstiss



Nadia Chanandin

### **Your Breathwork Facilitators are Andrea Anstiss and Nadia Chanandin:**

*Andrea is a transpersonal psychotherapist, a certified Holotropic Breathwork facilitator and a former Hoffman Process teacher. She has been facilitating breathwork for three decades.*

*Nadia is a certified breathwork facilitator who offers in- person and online facilitation. Her mission is to grow and evolve this space into a place that supports people who are ready to change their lives.*

**To reserve your spot please contact:  
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