

BREATHWORX

One Day Retreats

■ **Transformational Breathwork** is a gentle means of entering a non-ordinary state of consciousness where the psyche moves freely toward its natural state of wholeness. Combining modern consciousness research, depth psychology, and ancient spiritual practices, the process uses deep breathing and evocative music to immerse participants in their inner worlds, where the intrinsic means for healing and integration can emerge. It is an excellent adjunct to psychotherapy, spiritual practice, or any deep self exploration.

Four Sundays In Summer

- June 8 ■ June 22 20
- July 13 ■ July 27 08

Location: Wildcat Sanctuary for Peace, Williamsburg, MA.

Cost: \$150 for each Sunday session; \$400 for all four Sundays with advance registration by May 25.

Advance Registration Discounts: \$110 each for 2 people registering together; or \$125 for singles, if registered by May 25 (for June 8); June 9 (for June 22); June 23 (for July 13); July 14 (for July 27).

Registration: Send checks payable to: keith harmon snow, 6 Hyde Hill Road, Williamsburg, MA 01096. Please include your contact information and which sessions you would like to attend. Payment can also be made through Paypal at www.allthingspass.com.

For more information: Please contact any of our facilitators.

Facilitation Team:

Susan Marie Iellamo, a Certified Breathwork Practitioner, practices Integrative Breathing, Transformational Breath™, Somato-Respiratory Integration™, Intuitive Energy and Sound Healing, and Reiki. As an Integrative Therapist and Transformational Facilitator Susan has been working with individuals and groups in Northampton since 1994. She specializes in Trauma Integration and Psycho-Spiritual Growth and is passionate about helping people access their true nature and wholeness. Contact Susan at Seeds of Transformation, 413-586-5685 / susan@seedsoftransformation.com.



Ivan Ussach, an experienced facilitator of Transformational Breathwork, has been drumming and exploring life's rhythms since an early age. He is certified as a practitioner of Yoga, Inspirational Breathwork and Reiki. After serving as an environmental toxicologist in New York City and cofounder of the Rainforest Alliance, he now conducts environmental advocacy and education at the local and regional level in central and western Massachusetts. He also promotes practical means of achieving personal balance and community health using Ecological Footprinting and the Deep Ecology work of the Sacred Earth Network. Contact Ivan at 978-724-0108 / ivanuss@hotmail.com.



Keith Harmon Snow, a facilitator of personal transformation and healing retreats, has been studying breathwork and transpersonal psychology. He also explores experiential processes, group dynamics and indigenous systems of wisdom. His path to self-realization has involved psychotherapy, meditation, breathwork, dance, yoga and group empowerment work. He is a human rights investigator and war correspondent, and founder of the Wildcat Sanctuary for Peace. Contact Keith at 413-626-3800 / keith.harmon.snow@gmail.com.



And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. Anais Nin