

FOR IMMEDIATE RELEASE

Feb 5 , 2007

Contact: Michael Beechey,
Nanaimo Men's Resource Centre,
Nanaimo, B.C.
250-716-1551

NEWS RELEASE

MEN'S CENTRE PRESENTS TRANSFORMATIONAL BREATH WORKSHOP

On Sat and Sun March 10th and 11th the Nanaimo Men's Resource Centre is hosting a Transformational Breath workshop for men and women. Professionally accredited breath facilitators Tracey P. Stover and Dave Merrill will be coming from Seattle to bring this valuable skill set to the Nanaimo area.

Transformational Breathing utilizes specific breathing patterns that clear past repressed traumas, revitalizes the physical, and transforms emotional and mental traumas on the cellular level. The process begins by learning how to open your breath and utilize the entire respiratory system. This results in more energy and increased brain function that leads to more enjoyable mental and emotional states. Higher frequency energies created by the breath entrains (changes) the lower frequency energy patterns stored in the body and the subconscious. This process results in permanent transformation of pain and denser energies in the system and enhanced feelings of clarity and lightness.

Men's Centre Executive Director Theo Boere comments: "I first attended one of these workshops in Mexico, and was considerably impressed by how profound an effect it had on my feeling of well-being. It touched me in a multitude of ways, encompassing the physical, emotional, intellectual and spiritual. I continue to be amazed by the simplicity of the techniques (simply put – just breathe!) yet the effects are so complex, and far reaching".

On Friday March 9th there is an introductory presentation from 7-9:30. The cost is \$15 or by donation. The weekend workshop Saturday and Sunday has a cost of \$250. Register early as registration is limited! Both events will take place in Nanaimo at the Body Spirit Centre 719 Fitzwilliam St. Call Michael at 716-1551 to register.

Background material

Nanaimo Men's Resource Centre website

www.nanaimomen.com

Transformation Breathing website

<http://breath2000.com/home.html>

Facilitator Tracey P. Stover M.A.

Tracey is a Certified Facilitator and trainer with TBF. She offers levels I-III trainings, private sessions, classes, a women's breathing series and international retreats. Over the past 12 years, Tracey has studied a variety of energy modalities and spiritual practices, including CDM Psychic Institute, Matrix Energetics, second degree Reiki, Tai Chi, Chi Gong, and is a Buddhist Practitioner. "The breath addresses all issues, and enhances numerous modalities. I am honored to hold space for others as they learn to trust their breath's inherent wisdom, and heal."

Facilitator Dave Merrill

Dave is a Senior Trainer and Facilitator, dedicated to introducing people to their innate self-healing capabilities. He offers Level I-III trainings throughout the Pacific Northwest. Dave has experience with a variety of healing and psycho-spiritual teachings, including Jungian psychology, Shamanic healing, and Tibetan Buddhism, and successfully healed himself following an intense spiritual emergence experience. "Breath is the connecting link between every single psycho-spiritual practice we humans do, and inter-connects us to all life on earth."