Transformational Breathwork Retreat

Who would you be if you set yourself free from your past thought patterns and behaviors? Free from past beliefs and programming? When was the last time you gave yourself permission to just be free? Give yourself the gift of sacred space to truly experience yourself fully. Take a few hours to dive deep within yourself and reset with an evening of community, intention setting, conscious breathing, and art making to transform your path.

When: February 8th, 2020 6-9:30 PM, March 20th, 2020

Where: Gather Yoga, Evergreen- 30922 Hilltop Drive, Evergreen, Colorado 80439

Cost: $35-50, pay what you can- 14 spots- reserve now- visit Gatheryoga.com

Bring: Sacred objects, journal, art supplies, yoga mat, eye mask or cover, pillow and blanket