

# BREATHWORK

Friday, August 24 | 6:30-8:00pm  
with Erika Forsell, LAc

A deep and active meditation, Breathwork uses a three-part breath to allow the mind to quiet and the body to settle. When this happens, emotions, traumas and patterns that no longer serve us are reached and released. In their place, we are filled with insight and clarity.

Please bring an eye cover, notebook and something to write with.

Space is limited.

**\$35 fee**

**\$30 members**

Contact [erika@erikaforsell.com](mailto:erika@erikaforsell.com) if you have any questions prior to the group breathwork.

Erika is an acupuncturist, herbalist, Reiki practitioner and Breathwork healer. For over 10 years she has worked with individuals and groups, guiding them into a deeper understanding of health and healing.



**Elevate**  
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