

## What Can You Achieve with Unlimited Breath?

If you would like to create easy and gentle changes in your life, Unlimited Breath is for you! You can have the wealth you deserve, the relationship of your dreams, the career you desire, and live a healthy life.

*Take charge today!*

Unlimited Breath is a profound breathing technique that has been perfected over several decades. It is a merger of wisdom and practices combined with modern day psychological understanding that has helped thousands of people improve the quality of their lives. Over 70% of the body's toxins are released through the breath; cleansing body, mind and spirit. By using this powerful healing method you can change your life.

*It is truly that simple!*

## How Does Unlimited Breath Work?

You know you are capable of doing, having and being more. So, why aren't you? If you knew the answer you would have already changed. Through utilizing this breathing technique under the guidance of a properly trained practitioner, you become aware of self-defeating thoughts and trapped emotions stored in your body and hidden in your subconscious mind.

These limiting beliefs and repressed emotions are actually the cause for your failure to achieve the results you deserve. Through Unlimited Breath you can easily and efficiently discover and release these limitations. With your newly claimed power, you become the conscious creator of your destiny.

## How to Register

Contact: Mary at 515-276-6087  
Email: [info@sparkbarrepilatesyoga.com](mailto:info@sparkbarrepilatesyoga.com)  
[www.sparkbarrepilatesyoga.com](http://www.sparkbarrepilatesyoga.com)

## The Workshop Series

The Center for Health & Harmony is committed to the advancement of humanity. Appreciating that each of us is unique and special, we are offering a three semester workshop series to support you in developing your true potential.

All of us have areas of our lives that we know could be better (health, career, relationships, finances, self-esteem, spiritual connection, etc.), but we just don't know how to change them. In this workshop series you will learn concrete tools to identify and transform your limitations as you take greater control of your life.

Become the extraordinary person you were meant to be. It's easier than you think.

## Unlimited Breath

The first semester, *Your Six Truths to Empowered Living*, teaches a remarkable breathing technique. In this six weekend workshop series you will learn a gentle, easy way to detoxify your body, purge emotional baggage, reprogram your mind and release unconscious patterns that have limited your success. You will discover a deeper connection to your higher knowing and open the door to your source of abundance in all aspects of life.

## Unlimited Body

The second semester, *Your Six Gifts to Successful Living*, is a profound six weekend workshop series. You will learn little known and extraordinarily powerful hands-on techniques to help improve your and your family's health. In addition you will enhance your personal power and enrich your sense of inner harmony.

## Practitioner Training

The third semester, *Practitioner Training*, is a unique workshop series where you will learn to integrate and enhance the skills developed in the Unlimited Body and Unlimited Breath workshops. You will also have the opportunity to be certified as a Holistic Practitioner and learn how to establish or increase your private practice.

# Unlimited Breath Workshops for a Better Life



## Your Six Truths to Empowered Living

Transforming Lives &  
Creating a Better World

SPARK Barre Pilates & Yoga

2773 100 Street  
Urbandale, IA 50322

## What Does This Workshop Series Offer You?

Choose *Your Six Truths to Empowered Living Workshop Series* and receive concrete, insightful, useful and meaningful information that you put into action immediately to create the life you have always desired. The fun and relaxed presentation together with skilled support provides learning, self-exploration, and growth.

### Your First Truth – Mastering Change

teaches you how to create permanent change in life rather than temporary change that stacks up like broken New Year's resolutions.

### Your Second Truth – Conscious Creation

guides you gently through the steps to consciously create the world of your dreams and teaches you how to reprogram sabotaging behavior.

### Your Third Truth – Natural Breathing

shows you what you are capable of when your breathing is fully connected and teaches ways to release blockages to your potential.

### Your Fourth Truth – Choosing Awareness

is the foundation of real living. Discover the five states that limit your awareness and how to effectively address them.

### Your Fifth Truth – Changing Habits

confronts the realization that most of life is repetitive habit behavior and guides you through the process of creating constructive habits

### Your Sixth Truth – Optimum Living

supports you in experiencing a fulfilling life independent of outside circumstances. You learn to live in your natural state where you experience life to the fullest every moment.

# Your Teachers



**Jon Royal**

Founder of The Center for Health & Harmony

Jon Royal has been a Teacher and Master Practitioner of Unlimited Body and Unlimited Breath since 1997. He has an insatiable drive to better

understand people and how to help them achieve their potential. He has spent the last twenty plus years traveling extensively both nationally and internationally as a teacher, practitioner, presenter and entrepreneur.

Jon has studied numerous systems of healing, personal development and spirituality; working with healers and teachers from Australia, Bali, Canada, Denmark, England, France, Italy, Ireland, Spain, Sweden, Tibet and the United States.

Jon's experience, commitment to people, intelligence, heart, sense of humor and playful interaction make for fun and exciting presentations, private sessions and workshops.

### Workshop Information

**Where:** SPARK Barre Pilates & Yoga  
2773 100 Street, Urbandale, IA 50322

<b>When:</b> Mastering Change:	Feb 28-Mar 1, 2020
Conscious Creation:	Mar 27-29
Natural Breathing	April 24-26
Choosing Awareness	May 1-3
Changing Habits	May 15-17
Optimum Living	June 12-14

<b>Times:</b> Friday Evening	7-10:00
Saturday	10:30-6:30
Sunday	10:00-6:00

Two private sessions with Teachers are included in the tuition



**Monica Garaycochea, M.D.**

Senior Unlimited Breath Teacher

Monica was born in Spain and has always looked for ways to support people in creating a better life. She became an M.D. in her home country, and spent 14 years practicing and helping her patients. She started to question life and what it was all about, after encountering some personal tragedies.

She changed her career and has spent years of searching, exploring, studying and integrating many avenues of personal growth and spiritual realization.

As an Unlimited Breath Senior Teacher and Master Practitioner, she empowers people to live their life fully, and to use their breath as guidance to discover and "clean up" the limitations and games that block their experience of passion, fulfillment, enjoyment and loving.

### Investment

<b>Early Tuition</b>	\$2245 by February 15, 2020 or \$745 by February 15 and \$280 each workshop 1st thru 6th
<b>Full Tuition</b>	\$2495 by February 28, 2020 or \$845 by February 28 and \$345 each workshop 2nd thru 6th

(Reduced tuition for past participants)