

BREATHING in The LIGHT -

& MONTHLY 'TUNEUPS'

**2010 brings in a whole new energy and new beginnings.
Start the year off with a bang by joining us for
powerful transformative group Rebirthing.
Energy breathing is the key to bliss.**

To breathe powerfully and freely is to come alive freeing the mind, body and spirit. As the positive life force expands and suppressed tensions and/or emotions come to the surface, one becomes very relaxed, more focused and ready to make creative positive choices for one's life.

Conscious connected breathing can release cellular memory.

Dates in 2010 dates for REBIRTHING & 'Tune Ups' are:-

- **Sunday - February 21st** &/or
- **Saturday - March 27th**

Beginners attend from 9:30 am - 4 p.m. \$199 per day
The day begins at 9:30 a.m. until 12 (noon) where Tamara Penn will go over the basics of **Rebirthing** with you. No experience needed. After lunch those with some **Rebirthing** experience are welcome to join for a "touch up" in the **Rebirthing** \$75 from 1 till 4pm (approx)

Xiaolan Health Centre
At 88 Prince Arthur Avenue, Toronto
(North of Bloor St. W, between St. George and Huron St.,
easy subway access and adequate parking in area.)
(Xiaolan Health Centre is a soothing refuge which
practices the principles of harmony and balance.)

Please book early by calling:-
Tamara (416)-544-9244,
breathe@tamarapenn.com
www.tamarapenn.com

To secure space: 50% deposit in advance to :
Penn & Associates 310-260 Health Street W., Toronto,
Ontario, M5P 3L6 Canada



Tamara Penn RIHR MBW - **Rebirthing**
Breath Master & Life Coach 30 years, a
transformational healer and counsellor.
As an intuitive who channels love &
healing, working with enthusiasm,
dedication and humour to bring about
the best in those with whom she works.
Her focus is on self-actualization, skills
which accelerate change and growth.



"Most North Americans
do not breathe properly!
To maximize our health
we must eliminate habits
that interfere with our
natural breathing."

- Xiaolan Zhao

"Breath restores me to my Exact Self"

TAMARA PENN
& ASSOCIATES

