



**THE BREATHWORK
MASTERY
CONFERENCE**
*“Providing a Total Package Solution
to Mothers and Fathers for Family Health”*

Saturday, May 15, 2010
8:30 am - 6:00 pm

Westminster Presbyterian Church
400 “I” Street, SW
Washington, DC 20024
1 ½ blk Waterfront Metro/Green Line – Parking – ♿



Purpose

In an effort to address the trend towards wellness, health prevention and environmental concerns around limited oxygen in breathable indoor and outdoor air, a conference is being organized to present the modality of breathwork as a total package health solution positioned as a gift for Mother’s and Father’s Day to affect better families. **The Breathwork Mastery Conference** will offer educational information, services and opportunities to experience the “power of the breath’s” impact on healing on many practical levels. Master teachers will offer lectures, presentations, experiential workshops along with energy movement classes on topics such as transformative breathwork processes, breathing mechanics, oxygen therapy, lung health and yoga focused around family issues with wellness, stress, diet, exercise, emotional balance, behavior modification, sexuality, addiction, trauma, abuse, aging, conflict resolution and more. Food and Drug Administration (FDA) approved breathwork in 2002.

Goals

Participants will:

- Receive a broader awareness of an ancient healing tool - breathwork - and its’ modern day practical uses as a life-changing, self-help, prevention and therapeutic modality that affects Spirit, Mind and Body;
- Be made aware of activities that can be incorporated into every day living that promotes health and wellness especially for mothers and fathers in recognition of Mother’s and Father’s Day, that will support families, then communities;
- Understand the impact of breathwork as a simple, right under-your-nose, miracle for good health, relaxation, vitality, peak performance and well-being for students, seniors and low-income, People of Color due to the disproportionate health disparities in these communities;

- Gain mastery over a health tool that will enhance doctors', social workers', psychologists', clinicians', wholistic practitioners', teachers', first responders' and health care providers' productivity on the job, stress reduction at home and skills transference to the families they serve;
- Will be exposed, through educational outreach, to breathwork resources that can optimize millions of lives.

Schedule (Subject to Change. See full topic descriptions)

Time	1st Floor	Lower Level (LL)
8:30 - 9:30 am	On-Site Registration Sound Healing Chanting	"Moving Meditation Flow" - Dana Smith
9:30 - 10:30	"Relearn How-to Breathe & De-stress" - Ayo Handy-Kendi	
10:30 - 11:30	"Benefits of Oxygen" - Kathleen Schuppel	"Pranayama " – HawaH
11:30 - 12:30	"Holotropic Breathwork" - Sharanya Naik	"Lymphysizing" – Dr. Khadijah Abdul Malik
12:30 – 1:30 pm Keynote & Lunch*	Dr. Muata Asbury – "Breathwork/Yoga Foundation in Ancient Khemit"	
1:30 - 2:30 Panel	"Senior Yoga Stretch" - Doris A.M. Thomas	"Tetada Kalimasada" - Saulahud Tauhidi
	"Breath Impact on Exercise" - Chris Thomas Fitness	
2:30 - 3:30	"Lung Health"	"Breathwork & Sexuality"- Bulitoni LuLama Ema Zatitie
3:30 - 4:30	"Oxygenated Live Foods" - Kheprah – Mojo Juice Club	"Kundalini Rising Movement" - Freedome El
4:30 - 5:30	"Art of Living – Breathwork" - Tracee Jamison Hooks	"Qi Gong & Breath" - Manifest Ra
5:30 – 6:00	Wrap - up	

LUNCH 1st floor: Raw Live Foods, Juices, and Water available by Khepra – Mojo Juice Club

FOR LL MOVEMENT OR OTHER ACTIVITIES: Bring yoga mats, blankets, pillows, large towel. Wear loose clothing (no tight jeans) socks. Bring water. Come on empty or near stomach.

BOOKSTORE: Purchase presenters books, pamphlets, CD's, DVD's, etc.

REGISTRATION FORM – The Breathwork Mastery Conference

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Tel: _____ Eve Tel: _____

Email: _____ Occupation: _____

Notification in case of Emergency:

If under 18 Guardian Name: _____

Telephone: _____

ADVANCE PAYMENT BY MAY 1, 2010 - *Sliding Fee Scale:* As of May 2nd or At Door

Professionals (income above \$75,000 year) \$125.00 \$150.00

Working Professionals
(income from \$40,000 - \$75,000) \$ 75.00 \$ 100.00

Low Income
(income below \$40,000) \$ 40.00 \$ 65.00

Drop in Rates for Movement Classes / Lectures / Workshops \$ 25.00 each

Can't Pay Anything (Please Apply for Scholarship – Fill out application attached and return with form)
Or Volunteer in exchange for attendance.

PAYMENT METHODS:

Pay by Credit Card – Go online to www.breathepositive.com and click on PayPal link or:
Go to www.PayPal.com Indicate: info@breathepositive. Include a \$6.00 service transaction fee

Mail Checks or Money Orders payable to:

PositivEnergyWorks
1855 Third Street N.W.
Washington, D. C. 20001

Only Cash or Money orders AT DOOR. SORRY NO CREDIT CARD PAYMENTS ACCEPTED.

For further information: 202-667-2577 www.breathepositive.com or www.africanamericanholidays.org