

# POWER OF THE BREATH TOUR 2

## Interactive, life-changing BREATHSHOP & CERTIFICATION COURSE

\* Relearn How to Breathe \* Manage Stress \* Relax \* Play \* Be Inspired \* Transform \*

**RELEARN BREATHSHOP** is an unique workshop that explores the huge benefits of correct breathing with coaching for an optimum breath pattern. Deep breathing offers a total package, wellness and prevention solution, right under our noses, available 24/7, free and accessible. With 20,000 average breaths daily, make each one count for MINUTE TO MINUTE YOGA.

**Bring:** Water \* Dress Casually -No Tightness at the Middle \* Eat Lightly 1 hr before

**BREATHOLOGY CERTIFICATION:** Daily, you hear more Doctors, Wholistic Practitioners and Media speak on the benefits of Breath and Deep Breathing. Learn a life-changing wholistic practice – BREATHOLOGY - using Breath as the most easiest thing to change that makes the most significant difference in Spirit, Mind and Body. As a **Certified Breathologist**, become part of the "breath movement" for your health practice, service, ministry, or your own self-development. **Learn:**

- The mechanics of Breath;
- 9 best Breath practices;
- How to analyze your own and others basic, deep Breath and to adjust it;
- Understand the many applied applications of Breathology;
- As a Specialist, how to develop a business in Breathology;
- To compliment other wholistic, therapeutic, counseling, medical, educational, ministry or professional practices OR for self-development.

**Early Bird Rate: \$150 with Late Rate one week before event \$175.**

*Includes instruction book and certificate. Pre-register, via email, phone or website. Further details will be sent. Space is limited, so act now.*

**Jan 9/ 4-6 p.m: Astral Healing Arts Wellness Center**

**23 E. North Avenue, Suite #G2, Baltimore, Md 21202**

**RELEARN BREATHSHOP: \$10 adv; \$20 at door**

**Jan 16/ 4-6 p.m: Tranzitionz**

**3450 Ft. Meade Rd, Suite 200 Laurel, Md 20724**

**RELEARN BREATHSHOP: \$10 adv; \$20 at door**

**Jan 30/ 8:30 a.m - 7 p.m: BREATHOLOGY CERTIFICATION**

**St Paul Street, Baltimore, Md 21202**

**Jan 22/ 4-7 p.m: SAGING BABY BOOMERS SHOW &**

**WELLNESS PARTY Studio W, 628 W St NE (off 5th and Rhode Island Ave, N.E, Red Line)**

**A brunch-time, party with a purpose for ages 50+ with vendors, breathwork, networking, guests, movies, food and movement \$10 adv; \$20 at door, food & beverages available**

**Jan 23/ 8:30 a.m - 7 p.m: BREATHOLOGY CERTIFICATION**

**Newton Street, N.W, Washington, D.C 20009**

**As featured before Millions on Radio, T.V. & Print**

*Steve Harvey Morning Show  
Queen Afua City of Wellness  
Verizon's Profiles*



**AYO HANDY-KENDI**  
**The PositivEnergy Breath Coach**

CTBF, CSM, CSYMI, AA, BA, CEO,  
**POSITIVENERGYWORK™**  
Breathologist, Stress Manager, Reiki I, II, Ra Sekhi II, Qi Gong II, Senior Yoga Movement Instructor, Wholistic Practitioner, Life Coach, Speaker, Storyteller,  
Author "Power of the Breath"  
Founder, BLACK LOVE DAY, FEB. 13

Relearn how to  
**BREATHE**  
FOR BETTER LIFE, HEALTH & WORK™

**PositivEnergyWorks™**  
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*A wholistic health service of breathwork & transformative processes, products & events*

