

BREATHOLOGY CERTIFICATION

BREATHOLOGY is the science and art of teaching the awareness of breathing and breath techniques. Efficient breathing offers a total package wellness and health prevention solution that is free to use, available 24/7, totally accessible right under our noses. Deep breathing is the easiest thing to change for the most critical impact on Spirit, Mind and Body. There is a growing re-awakening to the "POWER OF THE BREATH" and its' New Age impact on STRESS for minute to minute YOGA. Learn Breathology and become a Certified Breathologist. Life-CHANGING!

- Expand the "breath movement";
- Learn 9 best Breath Techniques;
- Learn Breath Mechanics – how breathing benefits;
- Develop a Breathology Practice *OR* Compliment Wholistic, Medical, Therapeutic, Counseling, Ministry, Educational, Professional Service Modalities *OR* use for Self-Development !



Facilitated by **Ayo Handy-Kendl**,
The *PositivEnergy Breath Coach*
CTBF, CSM, CSYMI, Breathologist,
Stress Manager,
Founder, Black Love Day, Feb 13th,
Author, "The Power of the Breath"
reknown for working with millions on
radio, t.v, in print, in presentations &
private practice. She coined the
concept "Breathology" in 2004.

COMING TO YOUR STATE OR TOWN
PRE-REGISTER. SAVE on EARLY BIRD RATE!
SPACE IS LIMITED - DON'T DELAY! CONTACT:

PositivEnergyWorks™

202-667-2577

[www breathepositive.com](http://www.breathepositive.com)

Relearn how to

BREATHE

FOR BETTER LIFE, HEALTH & WORK™

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