Relearn how to

# BREATHE

FOR BETTER LIFE, HEALTH & WORK™

*90% breathe inefficiently putting health at risk*

**DEEP BREATHE for MINUTE to MINUTE YOGA!**

**De-Stress Thursdays**
***FREE session every 3rd Thursday***

**Internet @ 7 p.m**
**www.breathepositive.com**

**Conference Call @ 8 p.m.**
**1-712-432-0900 Pin 991809**

BREATHEOLOGY, REIKI, TRANSFORMATIVE

**SERVICES by APPT , INTERNET or PHONE**

- RE-LEARN HOW-TO BREATHE
- ASTHMA / COPD / SLEEP APNEA
- STOP SMOKING NATURALLY
- BREATHERCIZE - Weight Loss
- FINDING YOUR PURPOSE
- RELATIONSHIP RECONNECT
- GRIEF / PTSD / STRESS
- BREATHOLOGY CERTIFICATIONS
- REIKI • LAUGH THERAPY
- SENIOR YOGA MOVEMENT
- TRANSFORMATIONAL BREATHING
- PRESENTATIONS

**BREATHOLOGY CERTIFICATION – March 18, 2012**

**Learn" Breathology" the awareness of Breath and 9 fundamental breath techniques for Spirit, Mind and Body, Ideal for personal self-development, for wholistic practitioners, first responders, mental health & medical professionals, ministers, educators, more.**

**Early-Bird Registration -- $150 Week before --$175**
**202-667-2577 www.breathepositive.com**

*Ancient tree is recognized by NIH as "Botanical of the Year" for 2008*

DISCOVER

# THE MIRACLE TREE

*The plant Moringa Oleifera is known for:*

300 Treatments
92 Nutrients
36 Anti-Inflammatories
46 Anti-Oxidants
Omegas 3, 6, 9
20 Amino Acids
Bio-available
Organic, Kosher & Halal

**FOR GREAT HEALTH OR WEALTH**

*ZIJA Independent Distributors-Global H.O.P.E Team*

AYO HANDY-KENDI or JOHN DAVIES
202-667-2577 202-292-8356

www.PositivEnergyWorks.myZijastory.com

***Denise Green LOST 58 lbs in 2 months.***

***Others can GAIN weight or muscle!***

## HEALTH & WEALTH GATHERINGS

MIRACLE TREE SAMPLING * VIDEO * FUN
BUSINESS OPPORTUNITY FOR FULL-TIME, P/T OR LIFE-CHANGING INCOME

**PBR**

1st & 3rd TUESDAY(s) 7 – 8:30 p.m.
The PositivEnergy Center – N.W. W.D.C.

**ZBB**

**HEALTH & WEALTH MEETING**

SAT, MARCH 17 - 12- 1:30 P.M.
SECRETS OF NATURE
3923 South Capitol St, S.W., D.C 20012

**RSVP 202-667-2577 TEXT: 202-717-2282**

# "THE SAGING BABY BOOMERS SHOW"

*Good News for those born between 1946 - 1964 who are not just aging but "Saging" growing wiser as we age.*

*Hosted by* AYO HANDY-KENDI

THURSDAYS: 8 a.m. PST 11 a.m. EST
*Internet:* http://www.innerlightradio.com/
*Phone Listen:* 712-432-0900 Pin: 991809#
*Show Replay, Achieves & Blog:*
www.sagingbabyboomers.com

*Join the Community*
ForSagingBabyBoomers@groups.facebook.com

**COME TO THE "BREATHSHOP" & SAGING BABY BOOMERS BOOTH at the**

## BALTIMORE NATURAL HAIR CARE SHOW

**Sat & Sun / March 24 & 25**

**10 am – 9 pm**

**The Doubletree Hotel**
**890 Elkridge Landing Rd, Linthicum, MD 21090**
*(Close to BWI Airport)*

Baltimore's premier conference for natural hair care & beauty, holistic healing, wearable art, unique vendors, live performances, and workshops

$20 entrance admission per day, or $30 for a two-day pass for the expo.


AYO HANDY-KENDI

The *PositivEnergy* Breath Coach *CTBF, CB CSYMI, AA, BA, Breathology Founder, CEO,*

***PositivEnergyWorks™***

Breathologist, Stress Manager, Reiki I, II, Ra Sekhi II, Qi Gong II, Wholistic Practitioner & Life Coach, Senior Yoga Movement Instructor, Author, Speaker, Storyteller, Zija Distributor

***PositivEnergyWorks™***
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