

# POWER OF THE BREATH TOUR 2

***An interactive, life-changing, Wellness Presentation, Breathshop & Certification Course***  
**\* Relearn How to Breathe \* Manage Stress \* Relax \* Play \* Be Inspired \* Transform \***

As more and more media, main-stream medicine and the wholistic health community are daily awakening to the benefits of breath and deep-breathing, The Power of the Breath Tour™ 2011 offers an exciting Wellness Event or a BreathShop held prior to a training course that will certify participants as Breathologists. Research shows that 9 out of 10 Americans are NOT breathing correctly, which puts our health at great risks and that whenever any evidence of dis-ordered health shows up, the breath should be checked first, not last. Thus, this tour is spear-heading a “breath movement” to help expose more to the “power of the breath”.

The Tour features an affordable 3 hour, “Wellness Party” which will be a party/presentation and Breathshop all rolled into one. The Wellness Party will coach others in “relearning how-to breathe” and inspire participants with healing miracle testimonies while learning wholistic, wellness, self-care, and oxygen-based concepts that can be easily adapted into anyone’s life-style. Stress busters and fun movements to music will encourage health prevention to emphasize de-aging, flexibility and stamina.

Instead of the Wellness Party, sometimes the Tour will offer an 1 hour “Relearn BreathShop” to coach participants in “relearning how to breathe for better life, health and work”™ in an interactive, introduction to the power of deep breathing to help people change their breath patterns to optimize their lives, increasing their energy, focus, joy, better sleep, digestion, detoxification, relaxation and more. With breathing 20,000 times a day, “relearning” to optimize each breath, is life-changing.

These introductory events will lead to the second gathering - an-depth certification training course in “Breathology” using Breath as the most easiest thing that makes the most significant change in Spirit, Mind and Body. Learn Breathology as a wholistic practice which teaches deep breathing and other breath techniques that offer a total package, self-care solution for wellness prevention, health and stress management that is free and available 24/7, easily accessible, and critically effective. With Stress- the silent killer- hitting the news daily, we must “re-learn how to breathe for better life, health and work”™ for “minute to minute YOGA”™. Become part of the “breath movement”, as a Certified Breathologist, for your health practice, ministry, helping professional service or your own self-development. This course is Life-Changing. Includes instruction book and certificate. Pre-register, via email, phone or website. Further details will be sent. Space is limited, so act now. Learn:

- The mechanics of Breath;
- 9 best Breath practices;
- How to analyze your own and others basic, deep Breath and adjust it;
- The many applied applications of Breathology;
- As a specialist how to develop a business in Breathology;
- How Breathology compliments other wholistic, therapeutic or medical practices and supports personal growth and development.

“Power of the Breath Tour 2 with Breathology Certifications” will be produced and facilitated by Sister Ayo Handy-Kendi, The Positive Energy Breath Coach, a Certified Transformational Breath Facilitator, Breathologist/Stress Manager, CEO, *PositivEnergyWorks*. The POTB tour is hosted by *PositivEnergyWorks*™, her wholistic health service that specializes in breathwork, stress management and transformative processes. Having facilitated Breathwork to millions over radio, t.v., in print; in presentations, workshops, demos and in her private practice *PositivEnergyWorks*, she coined the concept of

“Breathology” in 2004, and is recognized and reknown as an authority who is creating a modern-day, “breath movement”. For further information: 202-667-2577 or [www.breathpositive.com](http://www.breathpositive.com)

#### TENTATIVE TOUR SCHEDULE (Subject to Change) :

JAN: 9: 16; 30 Baltimore / Jan 22 & 23 D.C.

FEB: Wisconsin

MARCH: Virginia

APRIL: 22, 23, 24 New York City

MAY: New Jersey/ Philadelphia/Boston

JUNE: Detroit / St. Louis

JULY: Madison, Wisconsin/ Chicago/ Milwaukee

AUGUST: N. Carolina/ S. Caroline

SEPTEMBER: Savannah/ Atlanta/ Macon, Georgia

OCTOBER: San Diego

NOVEMBER; The 2<sup>nd</sup> Breathwork Mastery Conference – Focus on Breath and Weight

#### **WHY BREATHING IS IMPORTANT**

The root of the Latin word “spiritual” or “spirit” means “to breathe”.

“Begin with the breath...the source of Spirit in our Body Temples. Your prayers are filled with “inspiration – the inbreathing of Spirit” *from Queen Afua, “Sacred Woman”, a Guide to Healing the Feminine Body, Mind and Spirit*

“Breathing, in short, is the key that unlocks the whole catalog of advanced biological functions and development. Is it any wonder that it is so central to every aspect of health? Breathing is the first place, not the last, one should look when fatigue, disease, or other evidence of disordered energy presents itself. Breathing is truly the body’s most basic communication system.” *OXYGEN BREAKTHROUGH, Sheldon Saul Hendler, M.D., PhD., pg. 96*

“Slow, deep breathing is probably the single best anti-stress medicine we have...When you bring air down into the lower portion of the lungs, where oxygen exchange is most efficient, everything changes. Heart rate slows, blood pressure decreases, muscles relax, anxiety eases and the mind calms. Breathing this way also gives people a sense of control over their body and their emotions that is extremely therapeutic”. *JAMES GORDON, M.D., Director, Center for Mind-Body Medicine, Washington, D.C.*

“Controlling the breath and thus calming the nerves, is a prerequisite to controlling the mind and the body.” *Swame Rama, “Science of Breath”, A Practical Guide*

*The Washington Post* cited such evidence in a Center for Disease Control and Prevention study, in May 2005, that deep-breathing is ranked in 4<sup>th</sup> place among the 10 most widely used forms of alternative, complementary self-care remedies used by a growing 1/5 of Americans.