

RELAXATION

Breathwork is a safe simple breathing technique promoting deep levels of relaxation and peace.

By using smooth connected breaths, energy is built up and taken into the body where it dissolves and releases blockages and tension.



Give yourself
the life
You've always
wanted

HOW MANY SESSIONS

Breathwork requires a commitment to a minimum of four sessions to get the best results. Session length can vary from 90 minutes to three hours.

For further information visit

[www. NaturalStressTherapy.com.au](http://www.NaturalStressTherapy.com.au)

AWARENESS

Breathwork

is a

powerful tool

which helps you bring about

powerful change

CHOICE

Breathwork is based on the philosophy that
“thought is creative”

Once you can identify the unconscious beliefs and patterns that are present in your life different choices become available.

Breathwork enables you to gently release the unconscious beliefs physically and emotionally allowing you to create more

**Love, Joy, Abundance,
Confidence, Inner Peace
and Fun in your life.**

RESULTS

You may see

- **Deep relaxation**
- **Anxiety and stress levels reduced**
- **Freedom from Depression**
- **Emotional intelligence**
- **Greater self esteem**
- **Increase in abundance**
- **Creativity unlocked**
- **More fun and love in your life**
- **Enhanced personal and professional relationships**

CHANGE IS AVAILABLE



Change your
thoughts



Change your
life

Breathe Your Way to Freedom! Call (03) 9650-6520 NOW

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ANTONIA RUHL, PhD



Antonia Ruhl was born in Brazil with highly developed psychic abilities. She was trained in the shamanic tradition as a **tribal Medicine Woman** by a “paje” (Medicine Man) of the Kayapo tribe living in the Amazon rainforest. Antonia has also studied the arts of Aikido, Reiki and Breathwork with ZEN monks in Japan. She is a member of the Self Realisation Fellowship and has studied Paramahansa Yogananda’s teachings on releasing suppressed emotions using Yogic breathing. **Breathwork** is not only powerful in releasing suppressed emotions but it can also reconnect us with our Soul purpose. Antonia Ruhl is a certified counsellor and practitioner of Neuro-Linguistic Programming and Timeline Therapy™.

*Breathwork
is a
safe simple
Breathing technique
which gives you the
opportunity
to
see and change
limiting
Thoughts And Patterns
from
the past, which may be
restricting
you
from living life
in the present.*

*Rebirthing/
Breathwork*

Expand
your
way to
freedom

