



# MAITRI BREATHWORK™

Facilitated by Jyoti and Meenakshi Kramvik

## Investment

(before April 30):

£160/£145

After April 30th:

£175/£160

Light Lunch  
and Dinner Included

The gathering will be a smaller group of 20 to provide opportunities for deeper individual work, so please reserve your place in a timely way.

In order to hold your space, you will need to place a Non-Refundable £100 deposit by Paypal or Bank transfer

## Contact

**Lucy Morus-Baird:**  
[luciarose@gmail.com](mailto:luciarose@gmail.com)  
for more information or to pay use PayPal with this email.



**Sun June 9th, 2019  
9:30 am – 8 pm  
Forest Row, London**

Maitri Breathwork™ founder Jyoti will join with Meenakshi Kramvik and other certified Facilitators and assistants to offer the UK's first Maitri Breathwork™ In Forest Row, London.

Maitri Breathwork™ is a way that individuals can access non-ordinary states of consciousness through their own breath to integrate healing into daily life.

The process used in is a combination of deep breathing practices, evocative music and healing touch which calls forth images and messages held in the body and submerged in the unconscious. Through these revelations a profound process of personal transformation can begin.