



Leader in Holistic Education, Wellness & Healthcare

The Cayce/Reilly® School of Massotherapy Presents

Self-Transformation through Conscious Breath, Level I

In this course, you will be provided with the principles of breathing to restore balance in the body and to enhance the physical, emotional, and spiritual aspects of the whole being. Experience a progressive sequence of self-sensing exercises that can reveal deeply seated and often unconscious feelings, bringing clarity and awareness to your breathing patterns. You will also learn how to modify the breath as a means to manage stress and to induce a deep state of relaxation. The emphasis is on bringing awareness to the subtle energies of the breath using a combination of yoga, conscious breathing, and meditation.



Date: March 22 – 25, 2012

Time: Thursday, 2 pm – 6 pm
Friday and Saturday 10 am – 6 pm
Sunday 10 am – 5 pm

Continuing Education Hours: 24

Approved for CE Hours: NCBTMB & FL

Cost: \$400 (\$350, if paid, in full, at least 30 days in advance)

Materials Fee: \$15. (charged by the school)

No Prerequisites

Topics Covered:

- ~ Anatomy of organs of respiration
- ~ Experiencing the innate intelligence of the breath
- ~ Breath and the nervous system
- ~ Examining and opening to breath restrictions
- ~ Shifting the conscious breath with intention
- ~ Addressing Prana, the body-mind link

To Register:

757-457-7134

workshops@caycereilly.edu

www.EdgarCayce.org/massageschool/CE

About the Presenter:



Linda Tingle, CMT, CNMT, CST, RYI, has been studying, playing and working with the breath since 1975 when she was initiated into a meditation practice which focused on the breath. She has studied with Guru Maharaji Ji, Victor Van Kooten, Bill Gallagher, Richard Sabel and Kathleen Barratt. She is a certified massage therapist, registered yoga instructor and an instructor at the Cayce/Reilly School of Massotherapy, the Advanced Fuller School of Massage, The Subtle Energy Institute, The Body Energy Institute and Universal Movement. Tingle maintains a private practice in Virginia Beach.

The Cayce/Reilly® School of Massotherapy

215 67th Street · Virginia Beach, VA 23451 · 757-457-7134

workshops@caycereilly.edu

edgarcayce.org/massageschool/CE