

# Breathe....

*This unconscious act is Life!!*

*With Shaman Nella Silverspear*

Oftentimes we are unaware of our breath until it isn't there for a few seconds. Our breath flows with the rhythm of the universe, pulsing in unity. Conscious focus on the breath gives opportunity and understanding for achieving greater depths in meditation. It also brings balance to the body, mind and spirit, solving many health problems. For example, learning how to breathe can eliminate many migraine headaches.

Little facets of breath's treasures will also be brought to light in this class. Come learn through discussion and meditation, the many ways of breath and to simply be aware of this Life Force.

Cost for this workshop is \$20. Prepayment or at door.

For additional information call Nella at (336) 423-7338. Send check or money order payable to Nella Silverspear and mail to: 931 B South Main Street #331, Kernersville, NC 27284 or make PayPal payment on Nella's website at [www.nsilverspear.com](http://www.nsilverspear.com) at "DONATE".