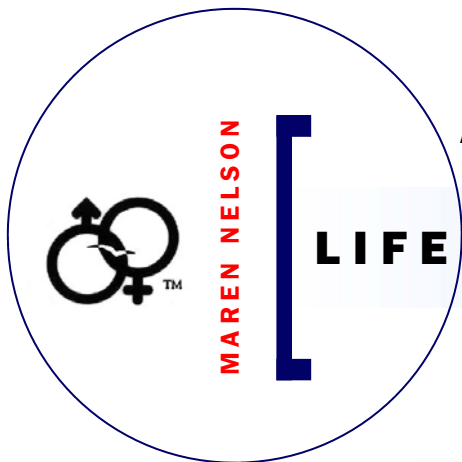


DECEMBER

A CENTER FOR HOLISTIC HEALING AND PERSONAL GROWTH—AN AIWP MINISTRY



LIFE BREATH INTEGRATIONS

PO BOX 9445 • SCOTTSDALE, AZ 85252-9445 • PHX 602-681-0540 • LAX 310-480-7253

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FROM MAREN WITH LOVE

During this holiday season, Give yourself the greatest gift you can give yourself, forgiveness. Think of someone you feel irritation for. Go into that feeling and notice if the feeling is sharp or dull, heavy or light. Is it a feeling of separation or connection, chaos or peace?

Now, think of a person or animal you love unconditionally. Notice how much lighter you feel in your body. Even mild irritation has a profound effect on us that we may not be consciously aware of. It literally, brings us down. As

judge and jury, we become the warden, holding the perceived perpetrator *and* ourselves imprisoned in a living hell.

It's quite possible to change your mind about this, but you may not be able to do it alone. Ask God, your angels, or call it your Inner Guidance to help you to see things differently. If you ask with sincerity and a real desire to shift, I guarantee, you will. Get really honest with yourself and take responsibility for your part in creating the experience. Perhaps, you'll need

to look within at what this person is mirroring in you that you don't like. In this awareness, is freedom.

Be compassionate with yourself and in so doing, feel your mind and heart open, your energy lift. Allow this energy to spill out to the other person. Know they have been a Teacher for you, opening you to a deeper level of Love, the greatest gift of all.

Peace, Maren

WHAT YOU WILL RECEIVE:

- Release stress and increase life-force energy.
- Recognize and release negative beliefs and old patterns that prevent you from experiencing life joyfully and fully.
- Improve business and personal relationships (when we heal, we are never healed alone)
- Release the fear of personal power and success.
- Learn to create balance in every area of your life.

MAREN NELSON

Maren Nelson is a healer and a certified Master Teacher of Connected Breathing and Founder of the renowned Life Breath Integrations, a center for holistic healing and personal growth in Scottsdale, AZ and Los Angeles, CA. She works with private clients, trains and certifies practitioners in Life Breathing (Holotropic Breathing/Connected Breathing), and has been facilitating workshops internationally for over 15 years.

Maren is a Minister of Mind/Body Healing for the Association of the Integration of the Whole Person (AIWP). She is a sought after speaker and continues to develop innovative workshops and seminars across the country.



PRIVATE SESSIONS (BY APPOINTMENT ONLY)

LIFE BREATHING SESSIONS (Dry and Water)

The Breath is a powerful tool to use for clearing negative toxic energy caused from anesthesia, drugs and suppressed emotions held within the body which blocks our Life Force.

Maren combines the power of

the Breath with visualizations such as: inner child work, gestalt, reframing, along with energy work, to rapidly assist you in freeing up and rechanneling this energy to re-awaken to the Source of Life and Love within yourself. Allowing you to create what you truly desire.

LIFE READINGS AND CONSULTATIONS

Maren blends her intuitive abilities along with years of metaphysical study to share practical information to help you create more success, balance and love in your life.

SCOTTSDALE
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THE GAME OF LIFE RETREAT



Is Your Game supporting Your Life...

We are all born in this life with no instruction manual to follow, not knowing how to play this game called life. How would you like to check back with the designer and learn the rules of the game?

More than half our communications are unspoken and delivered on the feeling tone, which opens up the left (Analytical) brain and the right (Creative) brain. When you tap into the full potential of both hemispheres of your brain, you communicate more effectively.

The Game was created by Marshall Thurber, Buckminster Fuller and Werner Erhard; all forerunners of personal growth programs and considered by many to be geniuses of our time.

Players are instructed to portray four empowering words from the feeling tone through team support, individuals break through barriers that prevent more healthy communications, better relations and abundance.

What you will receive from The Game of Life

- Turn fear into power.
- Improve and enhance intimate and business relations by learning to communicate more effectively
- Through team interaction and support you will recognize and release old patterns that prevent you from experiencing life joyfully and fully.
- Learn how to heal childhood wounds to bring that energy and focus into the present to create what you want.
- Take control of your life through conscious awareness and self confidence.
- Life Breathing (Connected Breathing) group sessions release blocked energy and integrates the whole experience at a cellular level.

UPCOMING EVENT

Phoenix Game of Life

January 17-18, 2004

Saturday 12PM thru
Sunday 6PM

Investment: \$199/person
\$350/couples (friends)
Sleeping Accommodations
Available

Non-refundable Deposit: \$50
Due: January 5, 2004

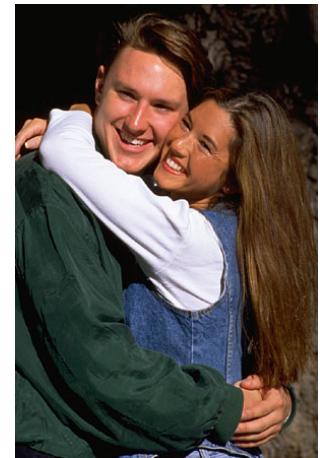
Wear comfortable clothes
Bring two pillows and two blankets
Bring munchies for break.

**Call Maren
for sign up**

Phx: 602-681-0540

Cell: 310-480-7253

PO Box 9445
Scottsdale, AZ 85252-9445



TRAININGS

THE PERSONAL DEVELOPMENT BASIC
TRAINING (Group or Private)

Learn the Life Breath. Gain skills to find balance and bring mastery to your life. The Basic is a pre-requisite to the Life Breathing Practitioner level.

*Certifications Available

LIFE BREATHING GROUPS

(2 Hours Approx.) Group Breath Sessions.

Bring a pillow and 2 blankets each. RSVP

It is our feelings, not
just our thoughts, that
are the key to creating
consciously...