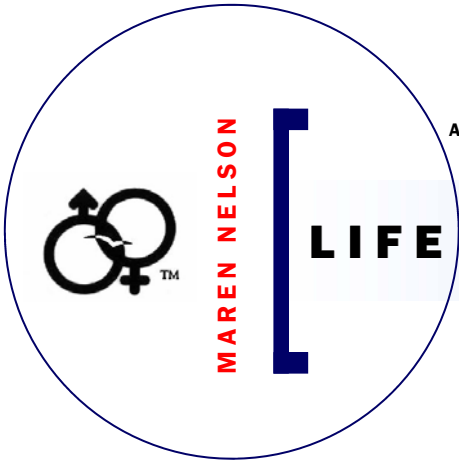


FEBRUARY/MARCH

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



LIFE BREATH INTEGRATIONS

PO BOX 1105 • VENICE, CA 90294 • 310-480-7253

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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.

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FROM MAREN WITH LOVE

Welcome to the New Year! What do you want to create in your life this year? What do you think about during the day? Do you think about what isn't working in your life more than what is? Notice how your thoughts make you feel. It's simple...do they make you feel good or bad? Your thoughts and feelings create your experience.

Back a few years ago, I had just moved into a condominium complex, but was having problems with my new phone line. The day I called to get it repaired, I wasn't in a very good mood, stressed about work and half a dozen other things. It was obvious the woman on the line didn't want to take the time to really help me and I snapped at her, my anger rising. She became very rude and quoted me an exorbitant price to get it repaired. Suddenly, I realized what was happening and said I'd call back another time.

The next day, I sat for a moment, looked around at my beautiful new place, feeling my happiness about being there before making the call. This time, the fellow on the line was extremely helpful and pleasant. He said the line would be repaired in a few hours at no cost. We really are that powerful.

Take responsibility for your life, and remember, what you focus on, you empower!

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.



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

The Game of Life

March 19-20, 2005

Saturday 12PM-3AM

Sunday 12PM-6PM

Location:

12720 W. Washington Blvd,
Los Angeles

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

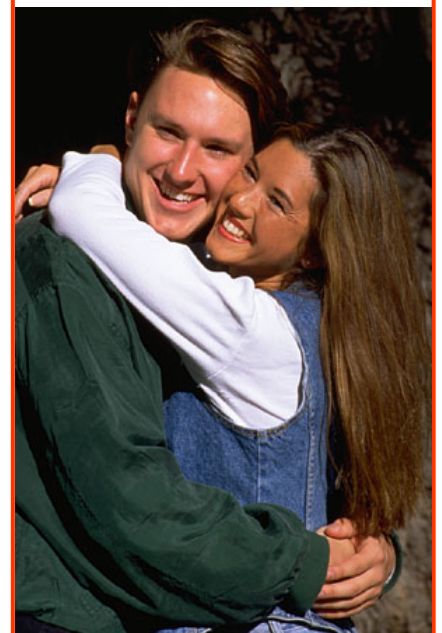
Non-refundable Deposit: \$50

Due: March 5, 2005

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

**Call Maren for sign up or
info**

Cell: 310-480-7253



WORKSHOPS AND TRAINING

HOW WOULD YOU LIKE YOUR OWN PERSONAL TRAINER FOR SPIRITUAL AND EMOTIONAL GROWTH AND DEVELOPMENT?

What you will receive from Personal Training

The Training is an experiential process in which you will encounter a rapid and profound growth opportunity. It is designed to open your heart and mind.

By combining personal support, along with powerful, innovative healing and processing techniques, you will learn to recognize and release old patterns and limiting, subconscious beliefs that prevent you from experiencing life joyfully and fully. You will gain more self-confidence as you learn to take control of your life through conscious awareness.

The Training offers you the opportunity to learn the Life Breath. The breath is an empowering tool to use for clearing negative, toxic energy caused from anesthesia, drugs and suppressed emotions held within the body at a cellular level.

Other techniques you will learn:

- Release stress.
- Hands-on energy work.
- Receive approximately 12 breath sessions.
- Access and claim your Spiritual Purpose.
- Access your hearts' desires and learn how to manifest your dreams.
- Learn how to process and clear negative beliefs and patterns.
- Learn to balance the emotional, mental, physical and spiritual areas of your life.
- Develop more personal commitment, and integrity skills.
- Certifications available.

Dates: 12 meetings of 4 hour sessions (Schedule to be decided by client and trainer)

MANIFESTING WORKSHOP

After reading dozens of books on manifesting, what if you could find that missing link to create what you truly want?

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

You will learn and practice the ground rules of deliberate creation. The information and exercises in this fun and exciting workshop are designed to awaken the power to manifest in us all.

Date:

February 26, 2005

Time:

10am-5pm

Location:

12720 W. Washington Blvd,
Los Angeles

Investment:

\$100

Bring 2 Pillows
and 2 Blankets each!

RSVP-ASAP

Suggested Reading: "Excuse Me, Your Life Is Waiting"
by Lynn Grabhorn

PRIVATE SESSIONS (BY APPOINTMENT ONLY)

LIFE BREATHING SESSIONS

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.