

HEART-CENTERED BREATHWORK OFFERINGS

STACEY TOMPKINS & HEIDI SOPER



Fall 2018 Offerings

Wednesday 5th of September

Monday 1st of October

Thursday 25th of October

Monday 12th of November

Thursday 6th of December

4-7pm in the 9 Energies Research Center in Bozeman
301 Evergreen Drive, Suite 200

The office is located upstairs over B&B Appliances in the Bare's Stove and Spa Building.
(Google Maps directions will send you right past the correct building)

\$40 per person, please venmo: staceytompkins \$20 to hold your space

We offer the deep healing practice of breathwork in a small group setting. Heart-Centered Breathwork is powerful work requiring a serious level of vulnerability, courage & willingness.

Bring: comfortable mat and blanket, eye mask, water bottle, journal, & pillow

Facilitated by: Stacey Tompkins, Heidi Soper and Jess Solon

Register: 406-570-1304 - or- tompkins.stacey@gmail.com

HEART CENTERED BREATHWORK AND HYPNOTHERAPY

Awakenedhearthyphno.com staceytompkins.com bodyandmindtherapystudio.com