

# TAKE A DEEP BREATH

A 6 months program with  
SOURCE Process and Breathwork

With Binnie A Dansby



For thousands of years the breath has been used to access deeper layers of ourselves, supporting us to let go of what we don't need, so that we can reach more clarity.

In the program you are invited to dive into the subconscious in order to release the convictions that are presently preventing you from living fully. You will be guided and supported in becoming more aware of the negative convictions and blocked emotions that can stem from birth and early childhood. You can free yourself from those unconscious thoughts and emotions and the patterns that have developed as a result.

Presence and the conscious breath are the core of our work together where safety, support, and acceptance are the foundation and a condition for the work and the process. The program offers you presentations/talks, guided visualizations and meditations plus breathwork sessions. There is also work in smaller groups between the program weekends deepening connection and support.

**The program begins on April 6th 2019**

Price: DKK 10,800

For registration/questions, please contact Dorte at [d.andersson@mail.dk](mailto:d.andersson@mail.dk) or phone +45 26 19 90 10

You can read more about Binnie on [www.binnieadansby.com](http://www.binnieadansby.com)

And about SOURCE Process and Breathwork on [www.facebook.com/sourceaandedraetsterapi/](https://www.facebook.com/sourceaandedraetsterapi/)

## TAKE A DEEP BREATH – a SOURCE PROGRAM – April – October 2019



### **WELCOME WEEKEND**

Welcome and presentation – of the team, the participants, and the foundation of our work.

Presence, conversation, safety and the conscious breath will be the focus of this weekend.

6<sup>th</sup> and 7<sup>th</sup> April, both days from 10am to 5pm.

Venue: Huset Sanitas, Nordre Jernbanevej 16, 3400 Hillerød

### **THE IMPACT OF BIRTH ON ALL OF LIFE – with Binnie A Dansby**

In this weekend you are invited to look deeper into the reasons why you are in this world in exactly your way. A major part of these may be found in your foundation – not only your early childhood but also your birth and the seminal, early experiences of your time in the womb. Acknowledging this paves the way for healing the negative decisions and beliefs that you may have carried with you ever since, influencing your life in many ways.

10<sup>th</sup> – 12<sup>th</sup> May, Friday 6pm-9pm, Saturday and Sunday 10am-5pm.

Venue: EmpowerHouse, Indiakaj 10, 2100 København Ø

### **BEING CONNECTED**

A group day enjoying support and connection – and of course we will also be ‘breathing’ together.

16<sup>th</sup> June 10am to 5pm.

Venue: Center – Indre Respons, Købmagergade 55, 1150 København K

### **RELATIONSHIPS – with Binnie A Dansby**

Your relationships reflect your relationship with yourself. This weekend we will be working to illuminate some of the most important relationships in our lives and see if something can – and should – be changed.

23<sup>rd</sup> – 25<sup>th</sup> August, Friday 6pm-9pm, Saturday and Sunday 10am-5pm.

Venue: ShantiRoom, Lavendelstræde 5, 1462 København K

### **SOURCE WARM WATER PROCESS**

The sessions are given in 38° warm water where the deep intentional breath can help you release physical and emotional tensions. You’ll have the opportunity to experience how the breath can help you find inner peace – and help you letting go of anxiety, unrest, and stress.

20<sup>th</sup> – 22<sup>nd</sup> September, Friday 6pm-9pm, for Saturday and Sunday early starts/late finishings must be expected.

Venue: Huset Sanitas, Nordre Jernbanevej 16, 3400 Hillerød

### **THE ART OF COMMUNICATION – with Binnie A Dansby**

We are always communicating – with our bodies, our minds, and our words. What you communicate to yourself is what you communicate to the world. How clear – and loving – is your communication with yourself and others?

Are you aware that listening is the key to the art of communication?

25<sup>th</sup> – 27<sup>th</sup> October, Friday 6pm-9pm, Saturday and Sunday 10am-5pm.

Venue: Center – Indre Respons, Købmagergade 55,3, 1150 København K