

Therapeutic Breathwork and Yoga with Jayne Ader

Friday, September 11th from 4:30pm-8:30pm

Come explore with us on lovely lake Michigan near Port Washington.

We will be using the principles of Therapeutic Breathwork combined with the tools of yoga to help release held or blocked areas of our body and energy. As we release and relax we open to new possibility.



You are welcome to attend just this workshop; stay overnight and join us for a fire ceremony or/and register for Jim Morningstar's Wet Breathwork Day of Renewal which will be held on Saturday, September 12th from 9:30 - 5:30 pm

Please register by sending me an email jayne.ader@gmail.com or giving me a call (414) 491-3986 as there is a limited capacity at the retreat house.

Cost of workshop(including light appetizers): \$75

Cost of workshop and overnight: (including light appetizers, overnight stay and breakfast) \$110 Limited spaces

Cost of registration for both workshops and overnight stay: \$235



Jayne Ader is a Nationally Certified Massage Therapist licensed in the state of Wisconsin, a Wellness educator and a Reiki Master. She has 20 years experience in the areas of Social Services and Health Education. She is a graduate of the School of Integrative Psychology, a Level III professional Breathworker had has assisted in Therapeutic Breathwork trainings and courses since 2001. She utilizes the powerful tools of breathwork, bodywork, energywork, yoga and integrative psychology to help clients and groups move through their greatest barriers to living more fully. Jayne has extensive experience helping people who have lived through trauma to reintegrate back into their bodies and reestablish a trusting relationship with themselves. She holds a

passionate commitment to deep healing in our community.

Our retreat center host is Pamela Ann Miller Studied at UW Madison is mindful yoga teacher for kids at Growing Minds and yoga instructor for children, teens and Shorewood Staff at Shorewood Recreation and Community Services Department.

