

Quantum



BREATHWORK...

Offers you the opportunity to make major leaps forward in your level of personal effectiveness and in the quality of your life.

- Gain personal empowerment and freedom.
- Re-experience what it means to feel fully and passionately alive!
- Create stronger, more loving relationships.
- Release stress, negativity, and anxiety, and enhance your sense of well being.
- Become more confident at work and more outgoing socially.
- Heal inner pain.
- Develop a clearer direction in life.
- Change limiting decisions to bring new results!

Susan de Castella

Susan has been practising meditation and yoga for over 18 years. Today she shares her experience as a Quantum Breathworker, Massage Therapist and Reiki Practitioner.

She has a successful practice consisting of private sessions, facilitates 'Womanhood' Seminars and together with her husband Nicholas de Castella, conducting seminars including 'Passionately Alive', 'Leela' and 'Quantum Breathwork' Therapist Training.

Susan has an innate ability to share her compassion, understanding and care to support her clients' needs.

"Quantum Breathwork has enabled me to facilitate people towards a fulfilling and rich life. I love the work, it is so satisfying to see people making positive shifts in their lives".
Susan de Castella.

Institute of Heart Intelligence

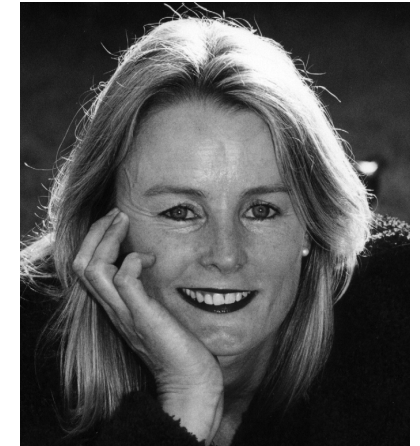
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with

Susan de Castella

Yes to Life Breathwork!

MEMBER OF
AUSTRALIAN BREATHWORK ASSOCIATION

What is *Quantum* BREATHWORK?

Quantum BREATHWORK is a method of clearing blockages and limitations that restrict our feelings of well being and happiness today. It utilises a simple but powerful breathing technique known as Connected Breathing.

The process empowers you to create what you want in your life. Many people experience more peace, have a greater sense of vitality and sureness about who they are and enjoy more loving relationships.

Coming Alive!

For many of us, growing up meant having to conform, fit-in and suppress our real, dynamic, passionate selves. As a result, as adults, we often do not know how to express our feelings to enhance our personal power, effectiveness and peaceful interactions.

We also try to 'hold it all together' and suppress 'negative' feelings like sadness, anger and fear. But suppressing our emotions does not mean freedom from them.

We restrict our breathing which then becomes short, shallow and irregular. This breathing pattern shuts down our life energy and creates internal stress, tiredness, illness and poor results in life generally.

Heal Your Breath - Transform Your Life!

During a session the breath is guided back to its natural state: relaxed, rhythmic, flowing and open. This increases the amount of energy in our body and promotes the integration of our physical, mental and emotional states of being.

Within a gentle and supportive environment there is an opportunity to access repressed emotions, release emotional and mental stress, reopen our hearts and to gain valuable insights.

As we release blockages, we gain access to the energy that we had been using to 'hold ourselves together'.

After a session people often describe feeling lightness, freedom and great relief. As if they have let go of a heavy load that they have been carrying for a long time.



Experience the Benefits of *Quantum* BREATHWORK

The only way to really understand the extraordinary power of *Quantum* BREATHWORK is to experience it personally.

Sessions are usually 2 hrs duration. The fee is \$200 per session. A full life transforming program is based on ten sessions at weekly or fortnightly intervals.

I invite you to come along for a session and personally experience the extraordinary power and benefits of *Quantum* Breathwork.

Quantum Breathwork, well worth the investment!

Topics Covered

- Prenatal and Birth Experiences
- Early Childhood Conditioning
- Empowerment with Emotions
- Conscious Creating and Limiting Beliefs
- Loving Relationships
- Parental Disapproval Syndrome
- Inner Child Healing
- Self Esteem Building
- Assertion and Communication Skills
- Co-dependency
- Addictive Behaviours