



## Healing Within

### Breathing into the Mystery July Gathering

#### The Circular Spiritual Breath

*"There is something about you brighter than the sun and more mysterious than the night sky".\**

The practice of circular breathing or conscious connected breathing is so simple and so beautiful and never ceases to surprise.

My 1st experience opened the door to what Adyashanti so elegantly expresses in the above quote. Once there is a glimpse or a taste of this, one can never un-glimpse or un-taste it, but somehow cultivate the memory of the transient deliciousness and humbly and persistently live for the next mystical invitation...

This practice offers a large amount of profound benefits in a relatively short time:

It energizes and oxygenates the physical body, enhancing overall energy and mental clarity, while also triggering a relaxation response and calming the nervous system.

*It is therefore one of the best practices for getting into that paradoxical, yet profound 'flow' state where you feel calm, yet energized...relaxed yet fully aware & alert..Dan Brulé*

...spacious & empty and yet fully restored.

Emotionally, there is a clearing, a release of pent-up emotions...a decluttering on many levels...a melting of resistance...a dissolving and freeing up.

As such it is the basis for the Rebirthing spiritual breathing practice - a timeless practice where people feel like they are spontaneously 'reborn' into a new body.



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### **Breathing into the Mystery is the movement of breath, awareness & biology as one - a sacred pause & MINI VACATION!**

In **BREATHWORK** we tap into the intelligence of the human design, activating a force that knows how to navigate and transform all body systems from the most physical to the subtlest. It's a deep internal workout that supercharges the entire biology, releasing what doesn't fit or belong anymore to a higher level of functioning & being. As a result, one can experience cellular wellbeing, open into heart intelligence and access vast fields of new possibilities.

Anybody can breathe - wherever they are along the spiral of the journey of life - anybody can discover the gentle & mysterious intelligence at work and reap the benefits of a mental, emotional & physical "rebirth".

Malou Thein has dedicated her life to dance, movement, the cultivation of health & vitality and transformation. She has been in private practice at The Medicine Lodge Clinic since 2003.

**Next gathering: Sunday, July 28**

**Date & Time: Sunday July 28 from 11:15 to 2:15**

Location: W 27th Street betw. 6 & 7 in Manhattan

Fee: \$70

This is an in-person exploration of breathwork & rebirthing breathwork within a group field. No prior experience is needed. **All willing & curious are welcome!**

**Register by clicking the contact button below or for any questions.**

I will email specific details when I receive your all-in confirmation.

**Please share with anybody who would enjoy participating!**



Looking forward,  
**Malou**

[Contact Me](#)

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