

# INTRO TO SEXUAL BREATHING



Connect your breath to your sexual center in this solo (non-nude) practice.

Breathe that energy from your root chakra through your crown, integrating your entire body, opening yourself to bliss.

Sat., Mar. 8, 6:30-8:30PM @ 2100 Fairway Dr., #102  
Doors open at 6PM – social to follow

Suggested donation: \$25  
Bring a friend, a partner, or  
come solo!

RSVP &  
Details @

