

The background of the entire image is a photograph of a person standing with their back to the camera, arms outstretched horizontally. The person is silhouetted against a bright, warm sky with soft, wispy clouds, suggesting a sunrise or sunset. The overall color palette is dominated by oranges, yellows, and soft blues.

BREATHE *Free!*

Breathing right is the finest life skill...
and the key to everything we seek is in our very breath.

One more school to attend. How early would you complete that?

Yes, one weekend of your choice for you to come back ...
to who you truly are from who you might have become; to breathe free again like you did when you were a child;
to bring into your perception what in you will make it come to you; The School Of Breath is an opportunity to free yourself
from the mind created by social influences to become capable of witnessing how your inner state is creating opportunities
And effortlessness to everything you do. Choose that weekend at will as we shall be having possibility
every 3rd weekend of every month.

3 sessions of 90 - 120 minutes online. Friday/ Saturday/Sunday IST morning 7.00 to 8.30/ 9.00.
Starting April 15th, 16th and 17th 2022. Ideal age 15 to 65.

Purpose of the session : To know "that the key to everything you wish to access is right there is your own breath"

15th April : Lets define right. **Yoga** as one's ability to lose separation from what one seeks.

Meditation, not as prayers or god mongering, rather as the ability to withdraw from all distractions.

Breath, as the frequency scripting its communication with life.

How life evolved - a quick flow from the big bang till date and where are you in it.

How to silence the mind and how to breathe to become calm and pleasant.

16th April : Time, as how this moment and the present breath is the most important aspect in the "**NOW**".

Space as an entity and how to perceive every space to make it favourable to oneself.

How to raise one's personal frequency or **charisma**.

Who are others in our experience and how to relate to everyone for **perfect relationships**.

What is **consciousness** and how to create one's personal atmosphere.

17th April : What is **parenting** oneself and the simplest method to master it.

How to approach anyone/ any mind to ensure the desired reflection from them.

What we seek exists as a possibility. How to breathe to match the frequency and manifest experience.

How to influence and **shift the energy** of any space even remotely.

How to **master stillness** for stillness is the basis of good health and every movement in our story.

So, if you have been looking for insights that will help you release you from the questions you always carry, if you have been seeking clarity about how life functions and how to create favourable situations for yourself, it's fundamental that you learn to breathe free from the impressions unconsciously collected over a period of time.

The session would be in zoom. You are allowed to record the session for reference. The trainer would be available to take your calls/ queries if any for as long as one may wish for. Every session ends the day you have mastered it.

Session fee is 4000 rs. per participant. Call for any queries and confirmation. 9440358048.

About the trainer : www.theschoolofbreath.in



Insights make our life a wholesome experience and when one finds a way to reach them to so many among us it's wonderful. **Partha** is a author trainer specializing on breath and consciousness helping people to breathe free from all ideas, beliefs and dogmas unconsciously collected over a lifetime holding them back from being who they truly are.

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