

Better Breathing & Energies of Love

**February 16th
2020**

1-5 pm

**\$20
per workshop
or \$40 both**

Fountain Square Mall
Ballroom, 3rd floor
101 W Kirkwood Ave
Bloomington, IN

For more information
Call or e-mail:

**Cynthia Bretheim
(812) 272-8188**

bretheim@sbcglobal.net

**Vladimira Dragnea
812-320-2600**

[BloomingHealthLLC@
gmail.com](mailto:BloomingHealthLLC@gmail.com)



Cynthia Bretheim, M.S., Nationally Certified Bodyworker since 1994.

Dr. Vladimira Dragnea is a naturopath, herbalist, homeopath, Eden Energy medicine Advanced Practitioner and Eden Method authorized teacher



Hosted by Blooming Health LLC and DIYWellbeing

Better Breathing

with Cynthia Bretheim

1-3 pm

If you just want an easy, effective baseline breathing pattern, come on down! We'll discuss frequency, mechanics, and volume, and it'll be fun. You may be working way too hard for every breath.

If you register ahead with your email, I'll send info to start.

Energies of Love

with Vladimira Dragnea

3:15-5pm

Would you like to better understand your partner, child or a friend? Would you like to learn energetic tools for more constructive conflict resolutions? Based on best-selling book "Energies of Love" by Donna Eden, this workshop focuses on 4 sensory types and gives you better understanding of people around you and of our differences in perception. You will get practical information to better understand your loved ones and useful energetic tools to better handle your relationships.