

# Willow Workshops & Seminars

## Dharma Breath® Workshop

Stress and tension cause us to hold our breath and repress our feelings. These feelings accumulate over the years, using more and more energy. The demand on our energy supply to suppress these feelings creates a debt in the vitality we bring to our lives. Dharma Breath® frees vast amounts of energy.

Tom Lodge, says, "Focusing on the trauma gives it energy. Understanding the event is not necessary to eliminate its effect." He quotes R.D. Laing, "Obsession with the past events is like a person in a dungeon, the door is open for them to walk out, yet they choose to stay until they can figure out how they got there."

Dharma Breath® provides a technique that you can use at home to relieve and manage stress. It encourages and facilitates one to embrace the present moment, and live life to the fullest as we all deserve.

Sunday January 27<sup>th</sup>, 2019

Intensive Dharma Breath 5pm-9pm

Cost \$135

**Movement Unlimited Inc**

178 Hwy 20 W Fonthill LOS 1E0

To register contact Jacqui

705-494-5251 cell

[ravenwood.retreat@gmail.com](mailto:ravenwood.retreat@gmail.com)

**Pre-Registration Required**

## Testimonials

*'Dharma Breath® keeps me in touch with myself, honestly and fearlessly. I now do Dharma Breath® once a week; I consider it a gift to myself.'*

**D. Feasby RN.**

*'Jacqui Tracy's skills as a facilitator, health care provider, musician, planner, community worker and parent accumulate into a remarkably energized individual. She is, in a sense, a blend of the spiritual and the practical, understanding that the ideal and the mundane intersect more often than less successful entrepreneurs might wish.'*

**David J. Schleich, PhD. President of the National College of Natural Medicine.**

## Jacqui Tracy ~ the facilitator



Jacqui is a Registered Master of Dharma Breath®. She trained from 1978 to 2001 with Master Umi.

She received her Master's designation in 1990 and moved strongly into sharing these methods in workshop formats.

Jacqui has facilitated, organized and hosted a variety of workshops and seminars over the last twenty eight years. Her diverse range of topics continues to develop.

For five years she taught "Introduction to Natural Healing" at Niagara College in St. Catharines, Ontario. In Whitehorse, she worked with Dr. Donald Branigan at his Holistic Medical Clinic and co-hosted the weekly radio show "Future Trends" with him. They lectured and taught holistic lifestyles throughout the Yukon and Northwest Territories.

A gifted singer/songwriter, she continues to share her joy of music by performing for children of all ages.

**Contact Jacqui at: (705) 494-5251 or by email:**

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