



# Sanctuary Studios

## Yoga & Bodywork

P R E S E N T S

**Wednesday, June 9th 6:30 pm -9:30 pm: Breath Awakenings using the *Power of Breath*, breath work with Tara Nieves.**



This workshop is designed to support you in connecting to your life purpose. It brings awareness to beliefs and patterns while empowering you to make new choices that reduce stress and lead you to more joyful experiences in life.

Tara Nieves is a certified Power of Breath breathwork practitioner. She has facilitated individuals and groups through a variety of educational and therapeutic modalities for 17 years and has her MS in Environmental Education.

Her life purpose is to create a loving & safe place for individuals and groups to go within and rediscover the love that they are.



**Sanctuary Studios**  
47 Main Street  
(Downtown Plymouth) MA

774-454-7290  
FindSanctuary.com