

POWER OF THE BREATH TOUR 5

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Blessings Stewards of Health and Healing

We last wrote many of you on Apr 30, 2015 because you had expressed an interest in our Power of the Breath Tour featuring Optimum Life Breathology Certifications (OLB)

Here at PositivEnergyWorks, we are expanding our "Breath Movement" with a Breath and Sound Concert offering and the new "Transcendence Breathwork session", and I'm again, asking that you take part in hosting, producing, booking, referring, sponsoring, or in any way that you can, supporting this life-changing, "movement" of empowering communities.

We are organizing our 2016 Power of the Breath Tour 5 and a description of the presentations, and the proposed schedule for the year is included here in this email. We are sincerely awaiting your reservation to book the suggested dates we have assigned to your city. If you have an interest in a date that is not indicated, please suggest one. We are also quite interested in offering our work to nearby colleges and non-profits, also, that you might suggest.

Our wish list is also attached, that expresses what we look for in our collaborations with hosts. In the climate of our times, it is critical to manage stress and learn to relax as a preventive maintenance for best health and wellness. Doctors, Practitioners and Medical research indicates that 60 or more health disorders are stress-related and that stress-related anxiety is almost epidemic. But, there is a growing body of research on the renewed awareness that "doing less" helps people to "do more", be more and live happier and healthier lives.

Over the years, through PositivEnergyWorks, I have facilitated breath experientials with millions on radio, t.v. in print, on stage and in private practice. Personally, "the power in the breath" has worked for me, changed my life, and has done the same, for countless others. Since, 2004 P.E.W. has offered the following stress-relieving, experiences, as well as we can customize a transformative relaxation experience just for your group's activity, using **better breathing** as the foundational change agent. ::

The **2016 POTBT5** consists of four possibilities:

1. An interactive, 1 ½ hour, introductory group **BREATHSHOP** of Optimum Life Breathology techniques including our signature, "relearn how to breathe TM" technique, tantric breathing for art of self pleasure, laughter yoga, sound healing, toning, oxygen vitality, and stress buster movements. This Breathshop, alone, has proven to be life changing for many

2. **ALL NEW. BREATH AND SOUND CONCERTS** are a larger group experience of relearning how to breathe™, deep breathing relaxation, visualization for inner peace, color and chakra connection along with toning and frequency tune-up to tune-in to inner harmony and balance. The concerts feature Earth Love Tune Up Crew (ELTUC) for natural sounds, world beats, chakra balancing and "tune-up music to tune us up to tune us in to" the natural world. ELTUC is ideal for background ambiance, staged performances, openings and closings of events/programs, contemplative mindfulness practices and whenever a sacred space is needed.
3. "IT'S A PLAYSHOP™"-is a group exercise, approximately, a half-hour - hour long, interactive activity of laughter yoga, movement, play, live music, and relaxation with emphasis on our signature, "relearn how to breathe"™ technique and special place visualization". Great to "up the joy" in your group, for greater productivity, team building, best health and socialization.
4. "TRANSCENDENCE BREATHWORK™" is P.E.W.'s NEWEST offering for a group or private session that focuses on coping with emotional feelings and cellular memory during this climate of the resurgence of racism, police-related murders and intra-racial violence. As anger, frustration and violence is reviving in the current social climate, many feel a sense of powerlessness and trauma, that goes beyond stress. Participants in this Breathshop, cathart, scream, act out their feelings, release anger, as they breathe, change their vibrational frequency with tune-up sound, and reconnect to their source of empowerment and hope. Diversity healing techniques are also used as transformative practice.
5. Both #1 thru #3 often encourages interest in the **OPTIMUM LIFE BREATHOLOGY (OLB) CERTIFICATION TRAINING** which is now a 16 hour, two day training where participants in a small group learn the art and science of breath awareness, mechanics and 11 best practice breath techniques to support themselves or compliment their professional life. To date there are 83 Certified Breathologist, we've trained and certified in over 5 states.

We so look forward to your involvement in scheduling and stewarding these life-changing, services to the masses because there is true "Power in the Breath". We want to fill out our schedule, asap, so that this tour will be amazing as it will address a huge issue facing Americans – how to live productively and be happy despite the violence, stress and trauma of our times.

Let's make this "Power" happen that can elevate our PositivEnergy to rise above the confusion in our country, one breath at a time! Get back to me and the P.E.W. team TODAY, to bring any of our Breathology/Relaxation services/presentations to your city or country.

P.S. If you know of SPONSORS, please recommend them to us. Sponsors will enable us to take our work to under-served communities and audiences, who may not ordinarily be able to pay. Sponsors benefit from full-scale promotional considerations, as they help communities, heal.

SUGGESTED 2016 POWER OF THE BREATH TOUR 5 SCHEDULE

March:

3/18/19/20: Global Equinox 24 hour Fast sponsored by Queen Afua -Breath and Sound Experience featuring Ayo & John @11:15 p.m. EST on March 19. Call 605-562-3140, Pin: 948883#

3/ 26 Breathshop at Bikram Yoga – Free, Launch, Power of the Breath Tour 5

April

4/1-2: Women Conference with Breath and Sound Experience, W.D.C.

4/8-9: POTBT- Breathology Certification, PositivEnergy Center, Capitol Heights, Md./W.D.C

4/28 – 5/1: Agape Revelations Conference, LA, Breath and Sound Experience
May

5/1 : KRST Unity Center, L.A. POTBT5: Breathshop

5/2: Breath and Sound Experience

5/13: POTBT 5 Breathshop: Black and Noble Bookstore, Phil, PA

5/14-15: Breathology Certification: Phil, PA, LTBA

5/27: POTBT5 Breathshop: LTBA, New York, N.Y.

5/28-20: Breathology Certification: Mr. Milton's Harlem Brownstone, LTBA, N.Y.

June

6/3: POTBT5 Breathshop, New Jersey

6/4-5: Breathology Certification, LTBA in New Jersey

6/24: POTBT5: Breath and Sound Concert: Asheville, N.C

6/25-26: Breathology Certification. Asheville, N.C.

July

7/ 1-8 Global Inspiration Conference (GIC) South Africa, Breathshop, Breath and Sound

7/29: Breath and Sound Concert: Texas, LTBA

7/30-31: Breathology Certification, Texas, LTBA

August

8/9-14: World Social Forum, Montreal, Canada, Coordination of Healing Space, Breath and Sound

Sept

9/2: Breath and Sound Concert, Chicago, Illinois, LTBA

9/3-4: Breathology Certification, Chicago, Illinois, LTBA

9/16: Breath and Sound concert or POTBT5 Breathshop, Atlanta, Georgia, LTBA

9/17-19: Breathology Certification, Atlanta, Georgia, LTBA

9/30: Breath and Sound Concert, Baltimore, Md., LTBA

Oct

10/1-2: Breathology Certification, Baltimore, Md, LTBA.

10/6 or 7: POTBT5 Breathshop, Richmond, VA, LTBA

10/8-9: Breathology Certification, Richmond, VA, LTBA

NOTE: IF ANY OF THE SUGGESTED DATE DO NOT WORK, PLEASE SUGGEST ALTERNATIVE DATES, AND WE WILL SEE IF WE CAN MAKE ADJUSTMENTS.

Thank you for your time and attention.