

# 2-HOUR CONSCIOUS BREATHWORK EXPERIENCE with Sonya Lyn



## HEALING, CLARITY & CONNECTION



**Tuesday, August 5 | 6:30 – 8:30 PM**

**Nashua Y Wellbeing Center**

**Fee: \$50–\$65 | Age: 16+**

If you struggle to quiet the mind, feel stuck or restless, or long for something deeper, this is for you.

Join us for a guided 2-hour journey into deep release, restoration, and reconnection. Whether you're carrying emotional pain, seeking clarity, or simply longing to feel more at peace in your body and mind, this breathwork experience is an invitation to return home to yourself.

### What You May Experience:

- Emotional and physical release and healing
- Mental clarity and deep nervous system rest
- Expansive states of insight, peace, and presence
- A heightened sense of purpose and wholeness
- A safe space to feel, heal, and let go

**No experience necessary. Just a willingness to breathe and be open.**

"This was more powerful than 20 years of therapy."

"My pain of 9 years is gone."

"I finally feel what peace is."

"This changed something deep in me."

### What to Bring & How to Prepare:

- Empty stomach or light meal beforehand
- Water
- Yoga mat and light blanket (we have some available)
- Eye covering (available for purchase for \$5)
- Comfortable clothing
- Inhaler (if you have asthma)
- Optional: sacred object, journal, and pen

*Register  
Now*



Led by minister and breathwork facilitator Sonya Lyn, this session draws from ancient Himalayan wisdom and modern conscious connected breath practices to awaken your body's innate healing intelligence. Supported by music, rhythm, and sacred intention, you'll be held in a safe, compassionate space to release, reset, and remember.