

## Power Breath Meditation Workshop Testimonials

### August 1<sup>st</sup> – August 5<sup>th</sup> 2018

This course is a natural and easy way to release and heal parts of yourself that you didn't ever think needed healing. The cost of living, the essential action of life, breath, is all you need to keep your body and spirit alive.

I served in the US Army from 1993-2008 with tours in Bosnia and Iraq and returned to a successful career in law enforcement. I knew combat and other traumatic experiences would likely have lifelong impacts, and from 2008—Present I thought the cycle of self-medication and isolation was my new normal. I know now it's not! I've never felt this great in 10 years.

This is all a process. I am finally becoming comfortable in my own skin! Thank you.

I'm a veteran who started an organization to help veterans transition to civilian life. I'm getting interested to become a facilitator for Power Breath because I have experienced benefits from it myself and have seen other veterans experiencing amazing emotional and physical benefits.

Thank you again for what you folks are doing for vets, their families, and service providers. Through this practice, I have truly "come home" to myself.

I didn't know what to expect, but soon realized that I was among caring friends. We learned a priceless technique with powerful, curative powers.

I enjoyed the presentation. It was well paced and made the 4 hours fly by. I have PTSD and found the breaths relaxing and the group meetings deeply touching.

I was impressed with how the course positively affected all the vets in the training.