

Power Breath Meditation Workshop Course Testimonials

August 7th – August 11th 2019

“Was awesome, caring, and professional. Most powerful effect was to feel less stress. Invaluable material and was easy to understand.” – Carol F., spouse of Navy veteran

“I feel emotionally enlightened and physically stronger. I needed this course years ago, and now my stress is managed better and my emotions are milder. I believe that this course should be a requirement for all veterans, and I recommend it to all returning active duty veterans and their spouses, as this what we need.” – Donald H., US Army (retired)

“My sore left shoulder became healed. This workshop made me a better individual, better husband, and better father.” – Juan G., US Army (retired)

“I have Multiple Sclerosis and had both physical and emotional benefit from the course. Was able to pick my legs up.”

“I feel my physical pain of which I have plenty has greatly reduced. My emotional state is more relaxed and peaceful, a real calmness. It shows the true connection between the body-mind and the power of proper breathing.” – Frederick F., US Navy (retired)

“Physical pain greatly decreased during Power Breath. This is the most effective workshop I have ever encountered. I realize all pain does not come from physical injury – it is compounded by emotional injury.” – Charlene S., US Navy (retired)

“After 5 days, I have learned techniques for my headaches, breathing issues, and ringing in the ears. I can now control and take charge of my headaches and difficult breathing.” – Gina B., US Army & US Air Force (retired)

“Less knee pain and a release of heavy stress. Very transformative and worth the commitment. Just do it.” – Karleen D., spouse of Army veteran

“Keep open mind and Do it.” – Bob D., US Army (retired)