

# ANGELIKA ALEXANDER

LANDAA GIRAAVARU: JANUARY 5 – 14, 2018

KUDA HURAA: JANUARY 15 – 18, 2018



FOUR SEASONS

RESORTS  
MALDIVES

## TRANSFORMATIONAL BREATH® WORKSHOPS & MYOFASCIAL RELEASE

Every moment is an opportunity to relax, relieve and reconnect, when you know how ... Journey with Angelika Alexander into the powerful and profound world of Transformational Breath® and Myofascial Release® to discover how to energise and awaken your energy centres, transform emotional blocks, and connect to deep relaxation. It's all possible when you're in the flow...

Angelika has dedicated her life to the mastery of transformative body-mind-healing modalities including Kinesiology, Myofascial Release Therapy with John F. Barnes and Transformational Breath®: a gentle, simple technique that paves the way for improved physical and emotional well-being including increased energy, better immune response, and an enhanced ability to deal with stress in a healthy way. Join one of her group workshops or embark on a private journey to learn how to remove your inner resistance to living a fully expressed life.

