

Unhappy Holiday?

WE CAN HELP YOU FIND EMOTIONAL FREEDOM!

BREATH-WORK CAN SET YOU FREE FROM YOUR
NEGATIVE MEMORIES AND TRANSFORM YOUR
THOUGHTS AND ACTIONS TO A POSITIVE STATE.
(MILITARY FAMILIES AND PETS ARE WELCOME.)



Breathing Simply

Pre-pay to hold your place. You may register online using the PayPal link below the class calendar on OllaTerve.com or bring cash to Olla Terve. Suggested Donation range: \$15-35

One hour FREE personal coaching with the purchase of a package of 4 or more sessions!

**Fridays
in December
12:00 – 1:30 pm**

**GIFT
CERTIFICATES
AVAILABLE!**

Olla Terve Healing Studio

1091 East US Hwy 24, Woodland Park, Colorado

IS YOUR WORLD
CLOSING IN ON YOU?

ARE YOUR
MEMORIES
HAUNTING YOU?

JOIN US TO
CLEAR RESTRICTIVE
BLOCKAGES AND
RELEASE NEGATIVE
MEMORIES!

ESSENTIAL OILS AND
WORKING WITH
BREATH CAN
TRANSFORM NEGATIVE
THOUGHTS TO
POSITIVE AND CLEAR
THOSE HEAVY
FEELINGS

ENJOY THE SEASON!

Dress in layers.

Bring pillows,
blanket and water
bottle.

BreathingSimply.com

Private individual sessions with Dawn are also available. Contact her directly at 605-376-6531.