

# Find Your Freedom!

## Breathing Simply

Breath Coach: Dawn Kirsch

BREATH WORK CLASSES ARE OFFERED EVERY WEEK TO SUPPORT YOU ON YOUR JOURNEY FORWARD AND SO YOU HAVE TIME TO INTEGRATE IN BETWEEN WEEKLY SESSIONS.



WEDNESDAYS

6:30 – 8:00 PM

FRIDAYS

12:00 - 1:30 PM



Pre-paid registration is preferred. (12 student limit per class)  
Bring cash to Olla Terve or use the PayPal link below the class calendar on OllaTerve.com. Suggested Donation: \$15-30

One hour FREE personal coaching with the purchase of an unlimited month pass!



Reach your  
highest  
potential!

Olla Terve Healing Studio

1091 East US Hwy 24, Woodland Park, Colorado

IS YOUR WORLD  
CLOSING IN ON YOU?

COME TO A FORK  
IN THE ROAD?

JOIN US TO  
CLEAR RESTRICTIVE  
BLOCKAGES AND  
RELEASE NEGATIVE  
EMOTIONS!

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

TRANSFORM YOUR  
REALITY!

Dress in layers.

Bring pillows, blanket  
and water bottle.

BreathingSimply.com

OllaTerve.com

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