

# “BALANCE YOUR BREATH TRANSFORM YOUR LIFE”



Live with your Coach  
Elizabeth Grace Mueller  
Breath Master Coach  
MetaBreath.ca

## A SOMATIC APPROACH TO HEALING STRESS & FEAR”

THIS BREATH OF WELLNESS IS YOUR  
CLEAR YOUR PATH: FOR INNER FOCUS AND RENEWAL  
5 WEEKS TO A HEALTHIER, HAPPIER YOU”  
“BREATHE AWAY STRESS, REGAIN CALM AND BALANCE RISE  
STRONGER FOR EMOTIONAL RESILIENCE”

[Register Here](#)

VIA ZOOM CLASSROOM  
INVESTMENT: \$199.00 CDN

Zoom link will be confirmed after payment.  
MetaBreathCoach@gmail.com  
+1 604 845 9642

