

BREATHE INTO FREEDOM THE TOOL TO SELF-EMPOWERMENT

5-WEEK JOURNEY TO CALM, CLARITY, AND CONFIDENCE



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

THE BREATH OF WELLNESS: 5 WEEKS TO A HEALTHIER, HAPPIER YOU”

”BREATHE AWAY STRESS, REGAIN CALM AND BALANCE”

”RISE STRONGER: FOR EMOTIONAL RESILIENCE”

”CLEAR YOUR PATH: FOR INNER FOCUS AND RENEWAL”

CHOOSE YOUR START DATE AND TIME

[Register Here](#)

5-WEEKLY CLASSES VIA ZOOM
INVESTMENT: \$199.00 CDN

Zoom link will be confirmed
after payment.

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