

# TRANSFORMATIONAL



# BREATHWORK

## FULL MOON JOURNEY- 13 PART SERIES

A GUIDED BREATHING, VISUALIZATION, MEDITATIVE PRACTICE  
CONNECTING MIND, HEART, BODY, SPIRIT  
GET ALIGNED WITH THE SEASONS

OPPORTUNITIES TO PUSH BEYOND LIMITATIONS, HEAL PHYSICAL INJURY, MOVE  
“TRAUMATIC” STICKY ENERGY, FLUSH OUT CONGESTION, & FIND YOUR EDGES AND  
PRACTICE RELATING TO THEM. POTENTIALLY LAUGH, CRY, EXPRESS AND RELEASE  
EMOTIONS THAT NEED TO BE ALCHEMIZED. NEWFOUND DEEP CONNECTIONS CAN  
ALMOST BE GUARANTEED WITH YOUR SELF AND OTHER SEEKERS ON THEIR PATH.

**CREATE INTENTIONAL ENERGY FOR THE UPCOMING CYCLE**

WHAT TO BRING: WARM CLOTHES, YOGA MAT, BLANKETS & PILLOWS, EYE COVERINGS (IF THAT'S YOUR STYLE),  
JOURNAL, CRYSTALS OR SPIRITUAL ITEMS TO SUPPORT YOUR JOURNEY  
MINDSET: OPEN, CURIOUS, WILLING TO EXPLORE THE DEPTHS OF YOUR INNER SELF.

INVITE ONLY- LIMITED SPACE AVAILABLE

**COST: DONATION BASED ON YOUR EXPERIENCE**

EMAIL: [MATTKOMAN4@GMAIL.COM](mailto:MATTKOMAN4@GMAIL.COM) - FOR INVITATION DETAILS AND QUESTIONS.

TIME: 7:30 ARRIVAL

LOCATION: SILVERLAKE

2026 DATES : SAT 1/3| SUN 2/1| TUES 3/3| WED 4/1| FRI 5/1| SUN 5/31| MON 6/29\*|  
WED 7/29| THUR 8/27| SAT 9/26| SUN 10/25| TUES 11/24| WED 12/23