

# Inner Harmony: Breathwork & Sound Bath Package (4 sessions)

at Create Grow Flow LLC



## INNER HARMONY

breathwork + sound bath experience

**A Transformative 90min Wellness Journey  
at BreakThru Fitness - Stamford**

SEPT 8 @ 7:30PM      OCT 5 @ 6:30PM  
NOV 4 @ 7:30 PM      DEC 3 @ 7:30 PM

Join for all 4 sessions of Inner Harmony at  
Breakthru Fitness in Stamford (48 Union St) on:  
Sept 8 at 7:30pm Oct 5 at 6:30pm Nov 4 at 7:30pm  
Dec 3 at 8:30pm Package \$149 (value \$180). Single  
Sign up cost is \$45/session.

### Terms and Conditions

Must attend all 4 sessions. Package is nonrefundable. If you cannot attend one of the dates and would like to send someone in your place, please let us know in advance.

Exp: September 8, 2025