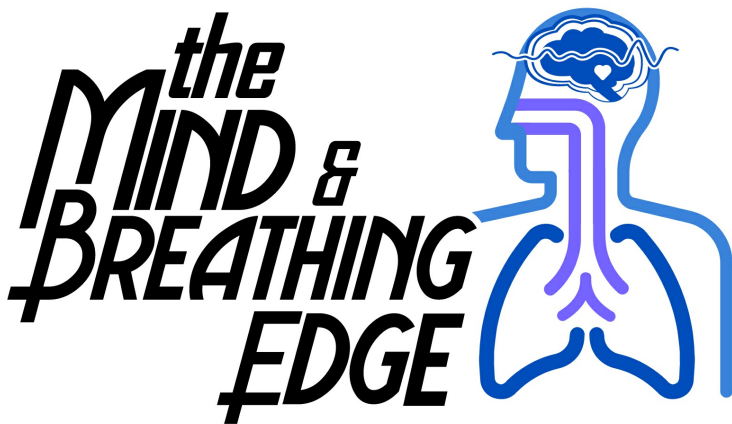


# One-Hour Mindset and Breathing Session

at The Mind & Breathing Edge



Alexia Clonda is offering Natural Awakenings readers a one-hour mindset and breathing session for the special rate of \$125 (regularly \$165). A five-session package can also be purchased in advance at that special offer price for \$625, a savings of \$200. A Virtual Mind Breathing Webinar will be held in January and a live, in-person Mind Breathing Workshop will be conducted in February 2022; dates to be announced.

#### **Terms and Conditions**

Valid to new customers. Please mention this offer when contacting Alexia. [www.TheMindBreathingEdge.com](http://www.TheMindBreathingEdge.com)

Exp: January 31, 2022