

What Can You Achieve with Unlimited Breath?

If you would like to create easy and gentle changes in your life, Unlimited Breath is for you! You can have the wealth you deserve, the relationship of your dreams, the career you desire, and live a healthy life.

Take charge today!

Unlimited Breath is a profound breathing technique that has been perfected over several decades. It is a merger of ancient wisdom and practices combined with modern day psychological understanding that has helped thousands of people improve the quality of their lives. Over 70% of the body's toxins are released through the breath; cleansing body, mind and spirit. By using this powerful healing method you can change your life.

It is truly that simple!

How Does Unlimited Breathe Work?

You know you are capable of doing, having and being more. So, why aren't you? If you knew the answer you would have already changed. Through utilizing this breathing technique under the guidance of a properly trained practitioner you become aware of self-defeating thoughts and trapped emotions stored in your body and hidden in your subconscious mind.

These limiting beliefs and repressed emotions are actually the cause for your failure to achieve the results you deserve. Through Unlimited Breath you can easily and efficiently discover and release these limitations. With your newly claimed power you become the conscious creator of your destiny.

How to Register

Contact: Shari Miller (515) 480-1457

Email: Shari.Miller@mchsi.com

or

Jon Royal (515) 244-8535

Email: 4DHealing@gmail.com

www.JonRoyal-LifeCoach4U.com

The Center for Health and Harmony Workshop Series

The Center for Health & Harmony is committed to the advancement of humanity. Appreciating that each of us is unique and special, we are offering a three semester workshop series to support you in developing your true potential.

All of us have areas of our lives that we know could be better (health, career, relationships, finances, self-esteem, spiritual connection, etc.), but we just don't know how to change them. In this workshop series you will learn concrete tools to identify and transform your limitations as you take greater control of your life.

*Become the extraordinary person you were meant to be.
It's easier than you think.*

Unlimited Body

The first semester, *Your Six Gifts to Successful Living*, is a profound six weekend workshop series. You will learn little known and extraordinarily powerful hands-on techniques to help improve your and your family's health. In addition you will enhance your personal power and enrich your sense of inner harmony.

Unlimited Breath

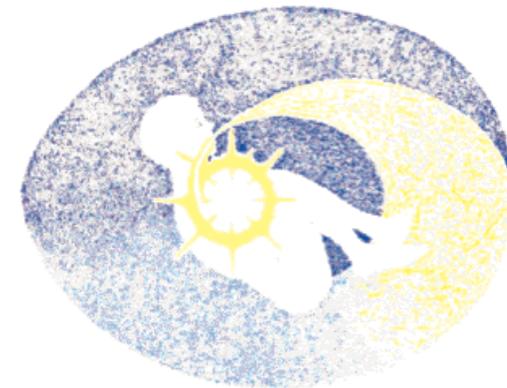
The second semester, *Your Six Truths to Empowered Living*, teaches a remarkable breathing technique. In this six weekend workshop series you will learn a gentle, easy way to detoxify your body, purge emotional baggage, reprogram your mind and release unconscious patterns that have limited your success. You will discover a deeper connection to your higher knowing and open the door to your source of abundance in all aspects of life.

Integration and Practitioner Training

The third semester, *Integration and Practitioner Training*, is a unique six weekend workshop series where you will learn to integrate and enhance the skills developed in the Unlimited Body and Unlimited Breath workshops. You will also have the opportunity to be certified as a Holistic Practitioner and learn how to establish or increase your private practice.

Unlimited Breath

Workshops for a Better Life



Your Six Gifts to Empowered Living

THE
CENTER



FOR HEALTH & HARMONY

Transforming Lives
and Creating a Better World

www.JonRoyal-LifeCoach4U.com

What Does This Workshop Series Offer You?

Choose Your Six Truths to Empowered Living workshop series and receive concrete, insightful, meaningful and useful information that you put into action immediately to create the life you have always desired. The fun and relaxed presentation together with skilled support provides learning, self-exploration, and growth.

Your First Truth – Mastering Change

teaches you how to create permanent change in life rather than temporary change that stacks up like broken New Year's resolutions on life's journey of good intentions unfulfilled.

Your Second Truth – Conscious Creation

guides you gently through the steps to consciously create the world of your dreams and teaches you how to reprogram sabotaging behavior.

Your Third Truth – Natural Breathing

shows you what you are capable of when your breathing is fully connected and teaches ways to release blockages to your potential.

Your Fourth Truth – Choosing Awareness

is the foundation of real living. Discover the five states that limit your awareness and how to effectively address them.

Your Fifth Truth – Changing Habits

confronts the realization that most of life is repetitious habit behavior and guides you through the process of creating constructive habits

Your Sixth Truth – Optimum Living

supports you in experiencing a fulfilling life independent of outside circumstances. You learn to live in your natural state where you experience life to the fullest every moment.

Your Teachers



Arne Rantzen

Founder of Unlimited Body & Unlimited Breath

Since 1982, Swedish born Arne Rantzen's loving presence and skillful healing methods have helped thousands of people around the world. His successes with issues

ranging from injuries, pain and chronic problems, to supporting those who are ready to live up to their full potential have made him a much sought after teacher and practitioner.

Arne began his healing career over 30 years ago working extensively with Western medicine. Dissatisfied with the intrusive nature and temporary results of symptomatic healing, he began to study with the most prominent healers in the Contemporary Healing Arts. He studied Aston Patterning, Craniosacral Therapy, and Reiki. He became a teacher of Reflexology, Rebirthing, the International Seminar Leadership Program, Body Harmony and the Loving Relationships Training. He also studied the Course in Miracles and spent five years as a Tibetan Buddhist monk.

His passion for the human potential and knack for helping people inspired Arne to create Unlimited Body and Unlimited Breath in 1995. He continues today, committed to creating a healthy, wealthy, happy, and inspirational world.

Workshop Information

Where: Training Center
2857 99th Street, Urbandale, IA

When: Mastering Change	April 11-13, 2014
Conscious Creation	May 30-June 1,
Natural Breathing	June 27-29,
Choosing Awareness	July 25-27,
Changing Habits	Aug 22-24,
Optimum Living	Sept 26-28

Times: Friday Evenings	7:00PM – 10:00PM
Saturdays & Sundays	9:30AM – 5:30PM

Two private sessions with teachers are included in the tuition.



Jon Royal

Founder of The Center for Health & Harmony

People are inspired by Jon Royal. His caring and compassionate nature combined with his ability to hear what is behind peoples' challenges, make him an invaluable advisor. Jon's personal clarity, straight forward manner and sense of humor support people in discovering answers from within.

He comes from a long tradition of healers with both his grandmother and great grandmother being Osteopaths. Following graduation from Grinnell College in 1970, Jon spent nine years helping people as a counselor and administrator in corrections and substance abuse treatment.

Fed up with the bureaucracy, he changed careers, spending the next 15 years as a Financial Planner. This change however never dampened Jon's insatiable drive to better understand people and how to help them achieve their potential. He has traveled extensively, studying and continually participating in numerous trainings on personal development, spirituality, relationships and healing with teachers from around the world.

In the mid 80's through the mid 90's, Jon was a leader in Lifespring, co-founded and taught metaphysics in a mystery school, co-founded and facilitated a relationship training, and studied holistic healing systems. In 1995 he sold his financial planning practice to pursue his passion as a Master Practitioner and teacher of Unlimited Body and Unlimited Breath

Investment

Early Tuition: \$2,245 by March 1, 2014 or \$745 by March 1, 2014 and \$280 each workshop 1st thru 6th

Full Tuition: \$2,495 by April 11, 2014 or \$845 by April 11, 2014 and \$345 each workshop 2nd thru 6th

(Reduced Tuition for past participants)