

# *Cacao/Breathwork Ceremony*

Saturday Sep 18th at 5pm

We welcome you to enjoy and  
be in communion with the  
spirit of this generous loving  
plant.

Breathwork supports the opening of our hearts,  
granting access to our inner shining light. Pairing  
this work with the medicine of cacao can be a very  
powerful and revealing experience. Doing this  
practice in a sacred space and guided by spirit opens  
the door to a multidimensional experience.

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