

## How can you live up to your potential?

Understanding the power of the human potential is the first step toward healing ourselves, our bodies, broken hearts, failures, lack and our stress-filled lives.



You deserve and are supposed to be pain-free, healthy, happy and living your life to your fullest potential.

Here are some people who have reached for their peak potential:

"As a result of participating in the Unlimited Breath workshops, I have reconnected with my heart's passion. I left a successful career in advertising and am now self-employed living my dream with more success than I ever thought possible!"

- Melissa

"When I was widowed after 34 years of marriage, I believed life wasn't going to be any fun. After participating in the Unlimited Breath workshops I am taking more risks and I am more adventurous than ever, enjoying life to the fullest!"

- Pat

"I grew up in a family that always struggled with money. When I became an adult, supporting myself, I too was always struggling and worrying about money. After working with Unlimited Breath, I have more financial abundance than ever!"

-Kristina Weber

## What is Unlimited Breath?

Chances are, that as you are reading this, you are breathing. Breathing is the one thing we cannot do without for more than a short time.

Unfortunately you are probably only breathing at about 20% of your lung capacity.

We know that if we want to calm ourselves we can take deep, slow breaths. We know that if we need a lot of energy for activities like running, we have to take great big, fast gulps of air. Many of us know the peaceful sound of a loved one's sleeping breath.

Wondrous things can "take our breath away," and some behaviors can get someone tagged a "heavy breather". We take a deep breath before we dive in. When we start practices like yoga we find special ways of breathing.

Unlimited Breath is an easy to learn Natural Breathing technique that can bring about profound changes in your life; the very changes you've been trying so hard to create.

This method of breathing can help you resolve your past, heal physical issues, and establish new patterns to achieve your goals, dreams and live a meaningful life.

As millions have already experienced,

**Your Life Will Change  
when you  
Stop Sub-ventilating!**

**For More Information**

**Call Arne (506) 8311-1221**

**Register Here:**

**[www.UnlimitedBreath.com](http://www.UnlimitedBreath.com)**

# The Power of Your Unlimited Breath™



How to Become a  
Conscious Creator

**September 8 - 9, 2018**

**Osa Mountain,  
Costa Rica**

[UnlimitedBreath.com](http://UnlimitedBreath.com)



## If You Are Looking For or Going Through a Change, Unlimited Breath Is For You!

When You Know that you are capable of doing, having, and being more, take this invitation as a sign that you may be ready to develop new skills.

*Unlimited Breath* is a Breathing Technique, that has been perfected over several decades and has helped thousands of people improve the quality of their lives.

Unlimited Breath will teach you how to open up your breathing, in a way that helps you connect with and boost Your Inner Power to Create.

Unlimited Breath will also make you aware of and release self-defeating thoughts, beliefs and repressed emotions, which are the cause of failure to achieve the results you deserve.

Through Unlimited Breath you will discover and replace these limitations with success thinking, so you can vibrate higher and achieve more success.

You are SUPPOSED TO have the wealth you desire, the relationship of your dreams, the career you like, and live a healthy, happy, meaningful and fulfilling life.

With your newly reclaimed power you become a CONSCIOUS CREATOR of your destiny!

# The Power of Your Unlimited Breath

## Going Through A Change...

This workshop will assist you to manage and conquer the challenges of a forced or wanted change.

You will learn the basic principles of Unlimited Breath, experience 2 full Unlimited Breath Sessions, so you can Access your Creative Power.

Using the extraordinary power of this breathing technique and the insightful guidance of your teachers, you will be amazed at the progress you can make in just two days.

## The Teachers



Since 1984, **Arne Rantzen's** passion for the human potential and loving presence has inspired thousands of people around the world, to use their breath to eradicate dis-ease, transform issues and achieve their dreams.

After working extensively with Western Medicine and 5 years as a Tibetan Monk, he Founded "Unlimited Breath" and has been teaching it internationally for over 30 years.

**Doctor Monica** left her career as a medical doctor to use Consciousness and Breathwork as her path to Self-Discovery.

She has been teaching Unlimited Breath for over 20 years and loves to guide people to "Use their Daily Life as a Spiritual Practice".

Doctor Monica and Arne Rantzen are the creators of the transformational "Creative Questions Approach".

## The Workshop Information...

**Where: Osa Mountain, Costa Rica**

**When: September 8 - 9, 2018.**

Saturday and Sunday

9 am - 6 pm.

Ending times are approximate.

Tuition: \$395

Early Bird \$295

(if paid in full before August 27)

**Deposit: \$100**

(to hold your space)

## Who Should Attend?

You should attend if you want:

- To speed up your progress in accomplishing your goals.
- To improve your breathing and your health.
- To get an experience of Unlimited Breath before you embark on "Your Six Truths to Empowered Living" workshops series.

## How Do You Register?

Go to [www.UnlimitedBreath.com](http://www.UnlimitedBreath.com) and click workshops or

Call Arne at (506) 8311-1221.

Register early to secure your place.

## Career Opportunities...

Arne Rantzen and Doctor Monica trains and supports individuals to become Unlimited Breath Practitioners and Teachers. If you are interested in expanding the services you offer in the area of holistic health or personal development, or to join this exciting field.

**Register Today!**