

Sacred Breath

World Healing Ceremony

With Elizabeth Curran and Deena Efferson

Monday August 7, 2017 6:55 PM To 8:45 PM



Elizabeth Curran

After attending the school of hard knocks, Liz has come to a place where her Yoga, Sobriety and Spiritual paths have firmly converged. Her interest lies in the inner landscape of our bodies and how that connects with our minds and spirits. Firmly grounded in the real world, Liz's approach is accessible to everyone.

She will speak on the breath and the affects it has on the body, mind & spirit. How movement conscious attention and 'being' can change everything!



**Spiritual Unity Movement
(SUM)**

\$15 suggested donation

**At "The Onion"
Historical
Landmark**

**9550 Haskell Ave. North Hills,
91343**

Take the Nordhoff off ramp exit
from the I-405, go West, and
turn right on Haskell Ave. ½ mile
North of Nordhoff

For more information call, toll-free

855-786-2642

or visit

www.spiritualunitymovement.org



Deena Efferson

Deena has created Rainstick Grooves, a system of fitness, dance & meditation. Deena's work as a Reconnection - Reconnective Healing Practitioner, Reiki Master, along with her joy of music allows her to fulfill her mission, assisting in the expansion of consciousness. Her Practice focuses on helping others reconnect with their life purpose, achieve their dreams and live in radiant health and happiness.