

## Cultivate fulfillment & balance

uncovering the highest potential in your whole life through discovery, assessment, agreement, and home play.

From thought to word to deed in a forward motion that is equivalent to a mountain hike~

challenging and attainable.

Teaching tools include: Exercises in spiritual qualities, affirmations, writing, practicing new habits, and natural self care.



Open the doors in your life

*"Tell me, what is it you plan to do with  
your one wild and precious life?"*

*Mary Oliver*

Leadership and Ministry Ordination 2003

Certified Yoga Teacher 2002

Certified Breath Integration Coach 2001

S.P.I.R.I.T. Graduate 2000

Certified Massage Therapist 1995

Other studies: Life Coaching, Body Voice,

Body-Mind Centering <sup>tm</sup>, Ortho-Bionomy <sup>tm</sup>

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Roxane Fogard is a business owner, massage therapist, yoga teacher, and educator who focuses on natural health and wellness.

She is committed to whole health in all of its multi-faceted forms.

Roxane has a practical and playful style that encourages many creative ways to inspire the changes you want in your life.

The values she uses in her coaching come from her spiritual studies in A Course in Miracles, The 5 Mindfulness Trainings, and The Yoga Sutra.

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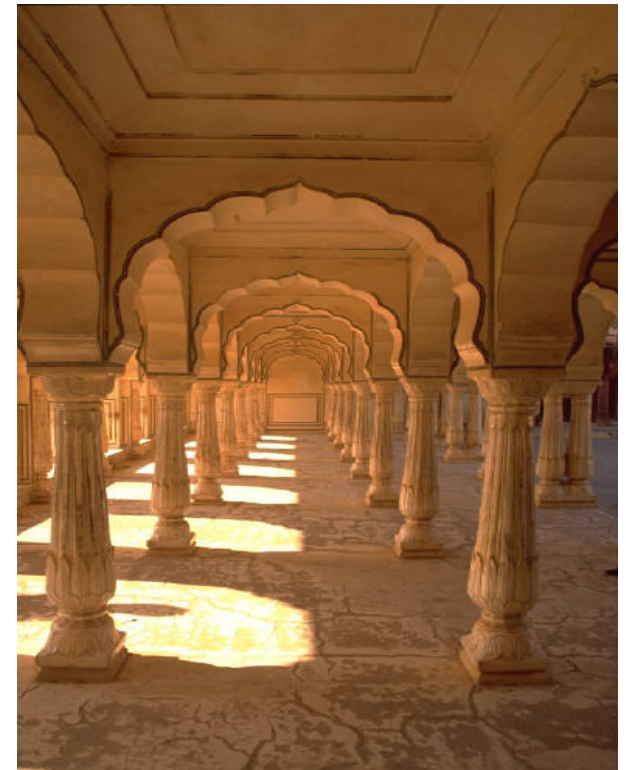
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## Breath Integration Sessions

Rev. Roxane Fogard

HEALING AND GROWTH FOR YOUR  
MIND BODY SPIRIT



"In you is all of Heaven..."

A Course In Miracles

# The Power of the Breath

A series of Breath Integration Sessions is a powerful and gentle tool to support personal transformation on all levels~spiritual, mental, emotional, and physical. Most people only breathe a fraction of their full capacity, and hold their breath when experiencing trauma. This has the effect of stifling thought and suppressing emotion.

When negative thoughts & emotional pain are held in place in our subconscious, we continue to project undesirable results onto our life experience. These thoughts & emotions can manifest as pain & “dis-ease” in our bodies, relationships, and finances. The type of breathing done in these sessions allows unhealthy thoughts & emotions to surface so they can be released. It also provides a way to access and more deeply experience our Divine selves, our personal visions, and our inner guidance.

Our breath is our physical connection to life energy itself, so the very cells of our bodies are rejuvenated as full, deep breathing is restored. As a result, we feel healthier and more relaxed, while also feeling more alive than most of us thought was ever possible.

Fuller, Freer breathing literally results in a  
Fuller, Freer Life.



What waits  
behind those  
doors?

# Breathe In~~Breathe Out

During a Breathe Integration Session, you will be guided through a process of deep yogic breathing for thirty to sixty minutes. This process will empower you to integrate the subconscious and super-conscious aspects of your mind. Each session lasts approximately 90 minutes, and includes a confidential consultation. This consultation is an opportunity for you to talk about your life—— what's *not* working, what *is* working, what *you want* to change, and what you want to cultivate in your future.

It is an opportunity to receive support and encouragement in the healthy aspects of self-esteem, giving/receiving, prosperity, and relationships.

After you try one session, if you feel this is the support you want in transforming your life, I suggest a series of twelve sessions at a frequency of once a week. This schedule can be modified for your personal goals and designed with your unique situation in mind.

Breath Integration Sessions are highly experiential, so the only way to really know if this is your next step is to try one.

It could be the next step toward giving yourself more of the life you have always dreamed of ~  
the life you deserve!

### **We learn best by doing ~ Experience is the best teacher**

As your guide in this process, I have personally faced my own shadow and my own divinity over a period of 5 years of personal breath sessions. As a result I am able to create a loving, accepting, and safe environment for you to explore these aspects of yourself.

***This is an experience of attaining more mastery in life and opening more fully to the wisdom and love inside of each one of us***

This work is based in the spiritual characteristics from

A Course In Miracles

~Trust~Honesty~Tolerance~Gentleness~Joy

~Defenselessness~Generosity~Patience

~Faithfulness~Open-mindedness

### Comments about Breath Integration Sessions

“Doing these sessions gave me a way to see tangible improvements in every part of my Life”

“The greatest gift to me...is how much more I am now able to love & accept myself”

“I finally found a way to stop the war inside my mind”

“There’s not so much interference, I can hear my guidance more easily”



Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it. It is not necessary to seek for what is True, but it IS necessary to seek for what is false.

A Course In Miracles