

The Quantum Light Breath



An Invitation
to experience a
transformational breathing process

With the Quantum Light Breath you can:

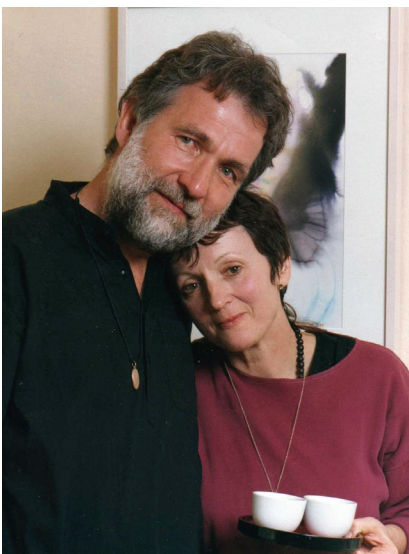
- Quickly free yourself of old mind patterns
- Release your natural energies and talents
- Open yourself for a direct ecstatic experience
- Eliminate stress, tension and worry

You can experience a powerful spiritual expansion, a gentle inner transformation and a satisfying emotional release.

We will work for 1 1/2 hours together with different music and a guided voice, which will trigger in us the process to go in, relax and be watchful.

“Breath is the fastest, cleanest, most natural way to relieve tension & expand consciousness.”

-Jeru Kabbal



Fridays from 7-9 pm

at 550 Hillcrest Drive, Ben Lomond CA 95005

(831) 335-1560 with Ahuti and Svargo

Suggested Donation \$10

Ahuti Ferid is a licensed acupuncturist and herbologist in private practice.

She has worked with Jeru's methods since 1983. www.ahuti.com

Svargo F. Shuller has worked as an art and meditation teacher for 35 years. He has been practicing the QLB every morning for 1 year.

www.facebook.com/Svargo and www.svargozen.com