



Hi, Johanna,

To celebrate Black Friday, you'll find 20% off across our entire range of breathing accessories, books, instructor training and online courses in the Oxygen Advantage store.

Just apply the code **BLACK20** at checkout.

Offer valid this weekend only — 9AM Friday November 26 till 6PM Sunday November 28 (London/GMT).

Whether you're treating yourself or planning for the holidays, you can stock up on MYOTAPE, get SportsMask, explore bestsellers including *The Oxygen Advantage* and *The Breathing Cure*, try an online course, and even invest in instructor training.

100% of the benefits, 20% less cost.

[Get the Oxygen Advantage Black Friday Weekend Offers](#)

Check your local time zone to make sure you don't miss out.

And don't forget to apply the code **BLACK20** at checkout.

See you in store!

Warm wishes,

Patrick and the OA team.



Breathing Deeply <anna@breathingdeeply.com>
To: Johanna

Tue, 19 Oct at 15:41 ★

Hi Johanna,

We'll be writing to you regularly in the next 30 days to let you know how you can get more involved in our beautiful community of yoga therapists — and how we can support you as you set your "sankalpa" or *intention* for the new season and the year ahead.

We are excited to welcome a new cohort of students to our Breathing Deeply Yoga Therapy Foundations Program. And we have some new courses to share with you.

Whether you're thinking of joining the training or just want to try something to improve your own wellness, you're in the right place.

Fall Learning with Breathing Deeply — Your Next Steps

Already been accepted into our Foundations or Advanced Program and ready to get started? You can register to join our November 18 class. You'll find the registration link in your acceptance email from anna@breathingdeeply.com. Or look out for it in our upcoming emails.

If you want to train as a yoga therapist at either the Foundations or Advanced level, but haven't applied yet, [you can do that here](#).

"The wealth of knowledge I gained from this course, oh my God! Unquantifiable." — *Maude Moreno, Foundations Program Graduate*

IT Professional, Yoga Teacher & Yoga Therapist

New this Fall!

Interested in our yoga therapy training but still need to complete your 200-hour Yoga Teacher Training? You can now take this course as a standalone. But if you [sign up for the Teacher Training and Foundations Program package](#), you'll receive a discount of \$500.

New here, or just want to know what it's like to study with us? We've just opened our [Radically Balanced Yogi course](#). With the culmination of thousands of hours of work, this 6-week training will give you greater ease in every area of your life. And it's completely free.

Sutra 1.21 – तीव्रसंवेगनामासनः ॥ २१ ॥
tivrā-samveganam-asannah

"Our goals are easier to achieve when we involve ourselves in life with intensity and enthusiasm."

Fall is a season rich in natural abundance. It's the perfect time to nourish your own practice, commit to self-care or embark on a new training path.

We hope you will join us to walk this path together.

Love and light,

Brandt and Anna Passalacqua, founders at Breathing Deeply



P.S. Not ready to join us this fall? You can [opt-out of these emails](#) and stay on our mailing list.

Sent to: jomcweeney@gmail.com

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Breathing Deeply, 23 Randolph Place, #112, Northampton, Massachusetts 01060, United States



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Brandt's Story — Why I Started Breathing Deeply Gmail/Inbox

B Breathing Deeply <brandt@breathingdeeply.com>
To: Johanna Thu, 4 Nov at 08:01

Johanna,

When I was 10 years old, my younger sister died suddenly.

This brought up many unanswered questions. But more than that — it set me wondering how to feel safe and connected in this life.

Other family tragedies occurred, and I became ever more aware of what seemed to me, the impermanence of all things.

These powerful early experiences of grief left me gripped by fear.

I never really processed that fear until I was 30 years old, when I found myself dying of an autoimmune disease. I'd spent years self-soothing with addictive behaviors. I was 100 pounds overweight and a skilled four-pack-a-day smoker.

At the time, I was working as a touring musician. It's a profession where you can easily self-destruct. So there I was one day, home doing some renovations, and next thing I knew, I was in intensive care.

The prognosis was grim. Even when I was well enough to go home, my doctor expected me back in hospital within a few short weeks or months.

This was the wake-up call I needed.

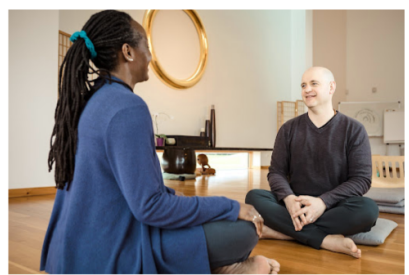
I began researching avenues for alternative healing. A friend sent me to a yoga class, where a teacher explained to me the power of lying still. She taught me Yoga Nidra that day, and I am convinced that it saved my life.

Now, 20 years later, I'm a healthy, happy, full-time yoga therapist. People come to me with a wide variety of diseases, including obesity, eating disorders, acute and chronic physical complaints, chronic diseases, and mental conditions.

I have seen so many others go through the same process I did. I've seen their suffering lift and their vision expand.

No two of us are the same, but there is always common ground. And I know one thing for sure. The teachings shared with me have been invaluable in helping others onto the path of evolution.

I created Breathing Deeply to share these teachings. And I designed the Breathing Deeply Yoga Therapy training programs so others can do the same.



If you are drawn to help others heal themselves, our Yoga Therapy Foundations Program is here when you are ready.

And if you want to experience the healing power of yoga and meditation for yourself, I'd like to invite you to try our new Breathing Deeply Meditation Program.

[Find Out More and Sign Up for a Free Trial](#)

I have had many different experiences in meditation. Big openings, huge Samadis. Times of distress, hopelessness, anger and sadness. I have been bored, and I have found great solace. Today I am at a place of continued evolution, contentment, and relative peace.

"Yoga is the journey of the self, through the self, to the Self." — The Bhagavad Gita

Love and gratitude,

Brandt Passalacqua, founder at Breathing Deeply

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