



The Anxiety & Depression Solution

BOOKINGS
NOW OPEN
for MAY 18

The future of therapy ~

Advanced Life Transformation

7 DAY RESIDENTIAL ~ MAY 18 to 24 (2018)

Cathartic Breathwork & Emotional Trauma Release

*will help transform your life into one of freedom,
greater joy and clarity of purpose.*

Did you know ALL life issues, whether business life, love life, inner peace and happiness **are a direct result of only one or two emotional 'core woundings'**.

If you are feeling stuck, imagine clearing away the issues such as those limiting beliefs or unresolved life events, that have been hounding you your whole life.

Our unique style of emotional trauma release breathwork and emotional cleansing

techniques will clear unresolved issues in your life and enlighten the path towards the DREAM LIFE you imagined!

The 7 day '**Advanced Life Transformation**' (*Welcome to Freedom*) residential program will take place at our beautiful Mandalong Sanctuary Health Retreat, at the base of the Watagan Ranges, 90 minutes north of Sydney.

A week you will never forget, guaranteed!

7 Day Residential Program

Advanced Life Transformation

During which you will have:

- 2 'Standard Breathwork' sessions
- 5 'Advanced Breathwork' sessions
- Family Constellation work
- Nutrition Education
- Meditation Training
- Home Breathwork Training
- Limiting Belief work
- Dynamic Meditations from Osho

- Delicious macrobiotic vegan food
- 2 to 4 day organic juice fast
- Superfood smoothies, cleansing supplements, liquid oxygen and other goodies
- Kundalini Tantra Yoga, Yin Yoga and Power Yoga
- Sauna
- Spa ~ 12 person EPSOM Salt filled outdoor spa among the trees and stars

*Mandalong
Sanctuary*
HEALTH RETREAT

Cathartic Breathwork is the the future of therapy

What beneficiaries have said about the 7 Day Residential Programs.

"I am a psychotherapist in private practice for many years now. I have a number of degrees including a Phd. The work I have done with Jaan I can therefore safely describe as the most unique and powerful work I have come across to date."

~ RECENT STUDENT

"The 7 Day Residential Program has a powerful way to get you to literally see the HEART of the matter. I could not have ever imagined the work was so profound. If spirituality, family, relationships, success, health, peace are important... then simply engage with the work. For me some side effects were also enhanced courage and humbleness."

JULIO DE-LAFITTE ~ JDL STRATEGIES

My job can be beyond stressful and demanding. Just participating in the 7 Day Breathwork

Residential took my anxiety levels from 9/10 to 2/10 - PERMANENTLY.

This drastically improved my marriage and really, all aspects of my life. This is a program/ Personal Development process for intelligent people who want real and permanent results.

ANDREW ~ PARTNER IN A LAW FIRM

I believe this form of breathwork led to a discovery - or transformation - in my personality that in turn led to a transformation in my professional life at 50 years of age. The energy, confidence and belief that breathwork uncovered has helped me lead the transformation of a practice, its people and its performance. If you want to grow personally and succeed professionally, I commend Jaan and the "seven days" to you.

BRYAN POINTON

HEAD OF CORPORATE - ASIA PACIFIC, DLA PIPER

About Jaan Sanaam



Jaan Sanaam is an experienced Breathwork and Spiritual teacher and has worked for the past 25 years with people from all walks who want to take charge of their lives, release old thought patterns and truly regain a heightened vitality for life.

Jaan was raised on the Northern Beaches of Sydney and has held more than 350 residential programs and over 2000 non-residential sessions throughout Australia and internationally.

Jaan continues to work with executives and entrepreneurs to help them release blocks and accelerate their achievements.



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To find out more about our
7 Day Residential Program
call us on 1300 500 881.