Shamangelic Breathwork with Anahata Ananda Comes Back to Black Swan Yoga in Austin

Anahata Ananda, founder of Shamangelic Healing in Sedona, Arizona will facilitate two evening Shamangelic Breathwork Ceremonies at Black Swan Yoga-South in Austin, Texas on February 8 and 9 allowing area residents to experience one of the most profound Shamanic techniques for healing and awakening.

SEDONA, Ariz. (PRWEB) February 05, 2019 -- For the fourth year, Shamanic healer and soul guide, Anahata Ananda, will present her signature Shamangelic Breathwork Ceremony at Black Swan Yoga-South in Austin, Texas on Friday, February 8, 2019 from 7:45pm - 10:45pm and Saturday, February 9, from 4:45pm - 7:45pm. The two evening ceremonies will allow area residents to experience one of the most powerful and sacred Shamanic techniques for deep emotional clearing and spiritual activation. Tickets and information can be found through Black Swan Yoga and purchased online for $40. Advanced registration is required.

Shamangelic Breathwork incorporates guided visualization, deep breathing techniques, vibrational sound, soulful music, energy healing, Shamanic tools, and more to facilitate a personal sacred journey into the depths of one’s soul and beyond.

The art of breathing is foundational to all states of consciousness. A Shamangelic Breathwork Ceremony is meant to take one to their edge, and the edge is where the growth occurs. The new information for self-awareness that one gets from the shamanic ceremony is enormously helpful for breaking old patterns and reshaping relationships into healthier ways of being.

“This process provides a safe and loving space in which to shine a light on deep-seated emotional issues, core wounds and limiting beliefs,” says Anahata. “It offers profound and lasting shifts enabling one’s radiance to shine through, positively affecting all areas of their life.”

Black Swan Yoga is a donation-based, walls free yoga community whose instructors are trained to freely express their own interpretation of the yoga practice. Shamangelic Breathwork adds a powerful and effective dimension to this interpretation. For more details about the evening ceremonies, including how to register, visit Black Swan Yoga.

Shamangelic Breathwork is a signature modality that Anahata has developed through her years of working as a Shamanic practitioner and energy healer. Deep Shamanic breathing has been found to facilitate profound emotional releases, open new channels of awareness and clear toxicity in the body.

“This transformational healing modality is designed to release the heaviness that comes with the stresses of modern life and allows one to re-center and reconnect to their inner guidance with peace and clarity,” said Anahata, founder of Sedona-based Shamangelic Healing.

For those unable to attend the Austin Breathwork Ceremony, Anahata offers a variety of year-round, Shamangelic Healing Sessions including online courses, private sessions and empowerment weekends that incorporate Shamanic teachings and high performance modalities. She also offers Tailored Retreats for individuals, couples and small groups that can include a combination of private healing sessions, sacred land journeys and other offerings based on various needs and areas of interest.
Anahata Ananda has trained extensively with gifted shamans, energy healers and spiritual teachers from north America, Peru, India and Asia in order to artfully integrate the fields of self-empowerment, shamanic teachings, emotional release, energy healing, relationship counseling, spiritual studies, yoga, meditation and empowered living. She has completed the highest level of global coaching certification program with Brendon Burchard. Anahata is a certified yoga teacher and master meditation teacher.

Shamangelic Healing is a premier center for Shamanic healing and spiritual awakening in Sedona. It is conveniently located in Uptown Sedona close to restaurants, shopping and hiking trails.

For detailed descriptions and a calendar of all training courses and spiritual awakening services offered by Anahata visit http://www.shamangelichealing.com/
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