



BREATHE

SALT ROOMS

Contact us:  
Breathe Katonah  
200 Katonah Ave.  
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Katonah@BreatheSaltRooms.com

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## *DID YOU KNOW?*

Being in our Salt Room is equivalent to the relaxing effects of the beach. Learn techniques for achieving relaxation and clarity to write creatively.

*JOIN US FOR OUR 4-WEEK*

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# DETOX WRITE WORKSHOP

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Share in a supportive workshop

Relax with guided meditation, breathing and movement

Detox your lungs and alleviate stress with dry salt therapy

EVERY THURSDAY IN MAY  
6:30PM - 8:00PM

**\$390 FOR 4 SESSION WORKSHOP!**

Don't delay, reserve your spot! Workshop has limited space!

*Sign up before May 1st and get \$50 off!*

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Michelle Levy has an M.A. in Writing and is a book editor in New York who helps clients improve their writing and achieve their publishing dreams.

Learn more about the instructor by visiting [www.detoxwrite.com](http://www.detoxwrite.com)