

sacrededge



Profile: Myf Browning

Myf Browning is a Breathwork Healer and Spiritual Mentor. She works with vibrational medicine and is passionate about helping humanity heal.

Myf is a glowing example of her work having loved her way through breast cancer in 2022.

Her work's purpose is to help cleanse our subconscious mind of faulty beliefs and trauma and to open our hearts to the truth and magnificence of who we are. We are not our lived experiences. We are not our trauma.

Trained by David Elliott USA and the Institute for Intuitive Intelligence, she runs workshops, group classes and private sessions. Join her to release stuck energy, blockages and trauma at her breathwork workshop.

Come prepared to lie down and breathe to music. The technique is an active healing meditation which is perfect for our busy minds.

#meetmeinlove

