

# sacrededge



## Myf Browning

Myf Browning is a Breathwork Healer and Spiritual Mentor. She is passionate about helping humanity heal by releasing negative or stuck energy in the body, to open our hearts to more love, particularly self love.

After being diagnosed with cancer in 2022, Myf is a glowing example of her work having loved her way through treatment with a multi disciplinary and wholistic approach. In particular she dissolved much self doubt and unworthiness through this process. (All is for our liberation). Her work's purpose is to help cleanse our subconscious mind of faulty beliefs & 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. And so who are you ?

Trained by breathwork healer David Elliott USA and the Institute for Intuitive Intelligence, both focussing on healing and developing deep spiritual self esteem to be of service to the world.

Myf runs workshops, group classes and private restorative sessions in North Fitzroy. In this workshop, participants will do an active 3 part breath meditation activates energy, healing and quickly calms our busy minds.

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

