

News and Events

CALENDAR OF EVENTS

FINAL DAY OYS 2008-09

Training DAY #12
Sunday, January 11
10:00 a.m. - 8:00 p.m.

NEW START! OYS 2009 Training DAY #1

Sunday, February 15
9:30 a.m. - 8:00 p.m.

Group Rebirthing BREATHWORK Events

Thurs., January 8
and
Monday, January 19
7:30 p.m. - 9:30 p.m.

and

Monday, February 2
and
Thurs., February 19
7:30 p.m. - 9:30 p.m.

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Issue: #13

January, 2009

Greetings!

Welcome to 2009!!

We hope your Holi-days were filled with Love and Laughter and that you spent them Joyfully in whatever you chose to do.



Now that we're starting a new year, it's the perfect time to re-assess what we want to create for ourselves in our lives this coming year.

The perfect opportunity to do that with guidance and support is by joining our ONE YEAR SEMINAR (OYS) TRAINING 2009-2010. We'll meet one Sunday a month for one year. It's truly a powerful experience to grow and change our lives for the better both individually and together.

The MDRBC also hosts Group Rebirthing BREATHWORK Events (called GRBE's) twice each month. These events are open to those who have completed at least one 10 RB Session Series with a Professional Rebirthing BREATHWORKER (either female or male). If you'd like to participate and haven't yet completed a 10 RB Session Series, please speak with Lehano.

Also, we invite you to come to any and all of our Trainings. We look forward to an exciting year ahead.

We welcome you back to the MDRBC again, and again, and again!

Lehano and The MDRBC Staff

Join Us for The ONE YEAR SEMINAR (OYS) Training 2009-2010

If you would like to read previous MDRBC Newsletters, please email us at

mdrbcnews@gmail.com

we'll be happy to send them to you

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mdrbc.com

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For more information, to register for an event, or to schedule a private session, contact us at

443-433-6481

or visit our website

www.mdrbc.com

The MARYLAND
REBIRTHING
BREATHWORK
CENTER

mdrbc1@gmail.com

Working with the
Moon's Energy

The ONE YEAR SEMINAR (OYS) Training is a powerful, transformative and truly healing year-long group training designed to help you create positive, permanent change in your life.

The Training is held one day each month (usually Sunday) for an entire year. During this time, participants learn about the thoughts and patterns that have been shaping their lives and how to make the changes they desire to create the life they want.

Leonard Orr, the founder of Rebirthing BREATHWORK, originally created the One Year Seminar whereby the same group of people met one full day a month for a year with the purpose of total healing.

The ONE YEAR SEMINAR (OYS) Training has been further developed by Aaron (Lehano) Starr to help each person address the core issues in their life- including issues of commitment, family, failure and success, just to name a few.

This training includes both powerful information and techniques designed to help you easily bring up what has "blocked" or held you back and learn to more quickly and effectively resolve these personal and professional issues.

Of course, confidentiality and respect for each participant are included as part of the "Ground Rules" for the Training. Assistance is given to each participant on both the individual and group level.

CHANGE YOUR LIFE for the Better...Come GROW with US!

* The OYS Training is open to anyone 18 years or over with or without previous "BREATHWORK" experience.

The OYS Consists of: **12 Training DAYS**

1 weekend "DAY" per month for 1 Year
Training hrs: 9:30 am-8:00 pm

(Registration: by 9:30 am)





Working with the Moon's energy is not part of Rebirthing BREATHWORK, yet it can be valuable in assisting us to manifest what we desire.

Focus on releasing the negatives in your life during the Waning Moon.
Focus on increasing the positives in your life during the Waxing Moon.

WAXING Moon

Jan 1 - Jan 10
and
Jan 27 to Jan 31

FULL Moon

January 11

WANING Moon

Jan 12 to Jan 25

NEW Moon

January 26

The total price for the ENTIRE Year (without discount) = \$ 2100.

SAVE! SAVE! SAVE!...

\$175 off the OYS Training price!

When you pay in advance for the full year you REDUCE the cost to \$1,925

Or simply pay \$175 per Training DAY ea. month

OYS 2009-10 Training DAY #1

Sunday, FEB. 15, 2009

Visit our website: www.mdrbc.com
for MORE information,
the Cut-off DATE for the DISCOUNT
and to REGISTER!

GREETINGS FROM MONTANA !



My Friends,

I previously wrote about travel across country to return to Montana, and I thought I'd send an update of life since I've returned. First of all, the most significant change from when I lived in Maryland is the snow and cold. Since about the middle of December it has snowed here in the Flathead Valley on an almost daily basis, and there were a few days (and nights) when it was bitterly cold - well below zero temperature. That's been an adjustment, and I've been grateful for a garage to park my car in so I don't have to scrape the snow off on a daily basis! The snow is gloriously beautiful and the mountains around me are very white with just a shadow of the pine trees that cover them showing through on the lower elevations. There was so much snow that one day I finally decided I had to take a break from brief writing and unpacking and break out my skinny skis (cross-country skis to those of you uninitiated). It was great skiing and re-experiencing the reason I fell in love with winter (X-country skiing!)

We currently have about 35 inches of snow and I was faring well with all of the snow, until the Monday before New Year's Day. I was heading out the door to run errands and slipped on ice and snow in front of my garage and ended up injuring my right ankle. As a result, for the past week I've been recuperating at my Mom's home,

NEW ADDITIONS!



We WANT your
insights,
Realizations, Stories
and Creative
Expressions to
share here with
OTHERS.

Please Contact
mdrbc1@gmail.com

if you would like to
submit any of the
above for the
upcoming
Newsletters.

which is about 4 miles from where I live. It's been an unexpected and unplanned treat living with and being cared for by Mom. I feel so grateful that she lives so close and was, without hesitation, there to help me when I was hurt.

Today, I was finally able to get into my house and I realized anew why I love it so much here. It is majestically beautiful and serene. I love the quiet sounds of the house and being in my own space and I am looking forward to getting back to my home. Before I get home, though, I am returning to Maryland for Training DAY #12 of the One Year Seminar (OYS). I made a commitment a year ago, as did all the participants, that I would be there for all 12 Training DAYS, no matter what. That commitment is a significant one for me, and personally very important, and that is why I'm traveling across country to be there again.

Participating in the OYS has been an opportunity to identify and heal some of my "family of origin" issues and to learn from the other participants who've been doing the same. I believe we can heal only so much as individuals and then, because we came from "family" (whatever that configuration may have looked like) and because much of our "woundedness" occurred within the "family" environment, we also need to heal in that kind of environment. The OYS Training provides that very unique group environment to help healing occur and as a result of participating, my life has and is changed for the better.

The next OYS 2009-10 is scheduled to begin in mid-February and I encourage everyone to consider enrolling in it for their own healing. It's fulfilling, fun and challenging too. I'm looking forward to being with and celebrating with my OYS "family" and then coming home to my own winter wonderland!

Until next time, many blessings to all,

Anowee

(Anowee is a graduate of the Maryland Rebirthing Academy and a Rebirthing BREATHWORK Practitioner.)