

## About Jack Fontana

Jack has been a student of breathwork since a trip to India in 1985. He received his Level IV Professional Breathwork certification from Jim Morningstar and the Transformations Breathwork Training Program in 2002. He is an active member of the Global Professional Breathwork Alliance, and a state licensed massage therapist (LA0076). Jack has worked with over 10,000 people in the breathwork practice, workshops and retreats.



Get the App for breathwork  
Do As One  
[doasone.com](http://doasone.com)

*"I have found breathwork with Jack to be personally very rewarding and have invited Jack to share the gift of his work with our yoga students. We have also co-facilitated workshops and retreats, and it has been a joy to watch so many people deeply moved by the experience of Conscious Connected Breathing."*

*-Sean Johnson, Founder, Wild Lotus Yoga*

\*\*\*\*

*"I have had such success with the breathwork sessions on a personal level that I had decided to bring Jack to my school in order for my students to experience breathwork for themselves. Jack worked in a group setting with the students and they LOVED the experience. I have made CCB a part of the curriculum, as I felt it was an important component regarding self care."*

*-Diana Morgan Owner/Director  
Flint School of Therapeutic Massage*

Call for appointments or more info

**504.453.9161**

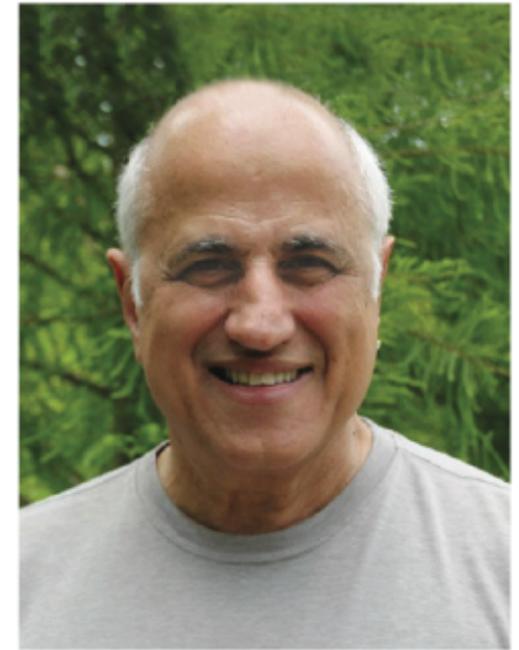
[www.jackfontana.com](http://www.jackfontana.com)

[jackfontanaccb@gmail.com](mailto:jackfontanaccb@gmail.com)

PO Box 7218, Metairie, LA 70010

# Relieving Stress Naturally

with **Jack Fontana**  
Certified Breathwork Practitioner



through *Conscious  
Connected  
Breathing*



---

Conscious Connected Breathing (CCB) is an ancient yogic tradition originated in India.

CCB uses the breath to integrate blockages at the physical, mental, and emotional levels, and can be used to release physical pain, limiting beliefs, and old behavior patterns.

Suppressed energy in our body may contain trauma, judgement, and resistance that we have suppressed from our conscious mind from the time of our conception to the present moment. While suppressing negative experiences or emotions is a normal survival mechanism, it can lead to energy blockages in the body that can result in physical, mental, and emotional challenges.



## Benefits of Breathwork

- oxygenates the blood
- releases toxins
- promotes physical healing
- relaxes the mind
- reduces stress and anxiety
- offers freedom from judgement
- brings greater awareness of the breath

Those who practice Yoga find that breathwork deepens their practice and provides a visceral experiential tool for self-exploration, transformation, self-acceptance, peace, and happiness.

\* \* \* \* \*

---

## Testimonials

“CCB is one of the most powerful, elective processes for releasing trauma and blocks within the body I have ever done. Jack has an incredible depth of experience and he holds a very calm space of acceptance for clients.”

-David, Energy Practitioner, New Orleans

“Thanks to CCB, I am not only intuitively aware of what yoga poses I am tempted to ‘shallow breath’ in, I am also now conscious to breathe through whatever it is I am resisting.”



“Jack’s breathwork is one of the most profoundly powerful healing techniques I have ever experienced.”

-Gail, Psychologist, New Orleans

“CCB has proven to be a life-changer for me. After several sessions with Jack, I have learned many invaluable lessons, especially regarding self love and acceptance. I would recommend CCB for anyone on a personal journey of self-discovery.”

-Diana, Flint, Michigan