



Wellness Sessions

Healthy Breathing

Breathing is the most vital aspect of being alive and the way you breathe affects your whole body, Healthy breathing can be calming to the mind and body. We show how to use breathing techniques to relax, reduce tension, and relieve stress.

In our wellness session the participants have a fantastic learning experience of breathing exercises and relaxation of the body, mind and spirit.

This dynamic and interactive learning session ends with a gentle relaxation massage that includes back, head, shoulders and hands.

Place: _____

Date: _____ **Time:** _____

"Life is breath and breath is life"

Space is limited. For more information please contact:

