

2 New
Dates!

Oxygen Therapy

Conscious Breathing Class with Karen Claffey

Wednesday October 14th at 5:30 – 6:45 pm

Wednesday April 14th at 5:30 – 6:45 pm

Benefits of Karen's Oxygen Therapy Class:

- ✓ Breathing exercises maximize oxygen delivery and utilization, which provides critical physiological and mental benefits.



- ✓ Oxygen is the fundamental fuel for your body's energy production.
 - ✓ Awareness and control of our breath give us a sense of agency, reduces anxiety and builds nervous system (NS) resilience.
 - ✓ Activates the relaxation response and switches our NS from Sympathetic (fight-flight-freeze) to Parasympathetic (rest-digest-heal).
 - ✓ Syncs the electrical activity of the heart, lungs, limbic system and cortex and let's your brainstem neurons communicate with the front brain to inhibit the amygdala and stress response.
- ✓ Slow practices require patience and compassion. This may be challenging for Type-A personalities and/or people with anxiety...but perhaps all the more pertinent.

What do I need to bring to this class?

Please bring your yoga mat. Water bottle. Optional: for those who prefer to do this class seated, please bring your own portable folding chair, and yoga mat for grip.

How to Register

Etransfer \$35 including HST to admin@heaven-onearth.ca (note there is a dash after heaven). Minimum 5 and maximum 12 participants. Pre-registration is required to reserve your space.