

2 New  
Dates!

# Oxygen Therapy

*Conscious Breathing Class with Karen Claffey*

**Thursday October 1<sup>st</sup> at 5:15 – 6:30 pm**

**Thursday April 1<sup>st</sup> at 5:15 – 6:30 pm**



## Benefits of Oxygen Therapy Conscious Breathing:

- ✓ 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 gives 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; they can be frustrating and difficult for A-Type personalities, and/or people with anxiety.*

***Self-compassion is more important than self-esteem for long term mental health, success and happiness.***

## 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](mailto: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.