

NEW!
2 Dates to
choose from:

Oxygen Therapy

Conscious Breathing Class with Karen Claffey

Saturday June 27th at 11:00 am – 12:15 pm

Saturday Sept 26th at 11:00 am – 12:15 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 (note there is a dash after heaven). Minimum 5 and maximum 12 participants. Pre-registration is required to reserve your space.