

Breathing 201:

Progression in Conscious Breathing

Wed Apr 14th at 5:30 – 6:45 pm with Karen Claffey

It's Recommended to Attend 'Breathing 101' Prior to Breathing 201

In this class you will learn:



- ✓ Awareness and control of your breath to give a sense of agency, reduce anxiety and build nervous system (NS) resilience for physiological and mental benefits.
- ✓ Progressive stretches and supported poses to improve oxygen delivery to your cells.
- ✓ Additional techniques to activate the relaxation response and switch from Sympathetic (fight-flight-freeze) to Parasympathetic (rest-digest-heal).
- ✓ How to calm and/or energize your body using specific breathing exercises.

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.

To Register

Fee: \$35 including HST

Etransfer to **admin@heaven-onearth.ca** (note there is a dash after heaven).

Maximum 8 participants. Pre-registration is required to reserve your space.