



An Exploration of the Breath: A Tonic for Anxiety

- Learn breathing techniques to relax your mind
- Lower stress and stress hormones
- Discover why you sometimes hold your breath
- Explore how your emotions affect your breathing
- Understand how breathing can improve your health
- Improve your sleep and well being
- Cultivate a daily breathing meditation practice

During this series on breath and meditation, you will experience a shift that is always available to you. This is a weekly class so you can register for each class as you are able to join.

This is an opportunity to experience for yourself why Meditation has gone mainstream.

Wednesday evenings

7:00 pm - 8:00 pm

On the Zoom platform

\$20 due in advance to hold your space

paypal.me/thepeacefulheart



Presented by

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