



Better Breathing Workshop

Saturday, March 16, 2013

10-noon, \$20

Register and receive advance information: 812.333.8858

Help your heart.
Help your digestion.
Fall asleep easier.

You may have breathing habits that engage the fight/flight response even when you want to relax. Your respiration pattern is easily trainable.

- If you:**
- gasp for air even when you're not running
 - breathe shallowly even when you're not afraid
 - feel as if you haven't taken a breath in a long time
 - sigh deeply and then hold your breath for no good reason

This workshop is for you.

In a power-packed two hours, we explore frequency, mechanics and volume of an easy, deep, effective, baseline breath. You may be working way too hard for every breath.

If you practice 10-minutes a day for a week and it doesn't help you,
you get your money back!

Cynthia Bretheim, MS, LMT, NCMT, lived and worked at the Himalayan International Institute of Yoga Science and Philosophy for four years.



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