



You may have a breathing pattern that engages the fight/flight/possum response even when you want to relax. **Breathe.**

## **Move Your Lungs workshop**

Wednesday, December 4, 2024 7-9pm

Pre-Registration required. Space limited.

\$40 venmo @cynthia-bretheim

Fountain Square, 101 W Kirkwood, #241

If you have concerns or worry about: blood pressure, flu, asthma, sleep apnea, breathing hard while resting, pneumonia, COPD, respiratory disease, inflammation; **please help your body with your breathing pattern.**

Your breathing pattern can help you be as assertive and as blissed as you like. You may have a breathing pattern that engages the fight/flight/possum response even when you want to relax, but you can train your pattern.

Which breathing pattern for a baseline every day?

When to use the Wim Hof breathing exercise?

When to use the square breathing pattern of Andrew Weil?

When to extend your exhale?

What to do with pauses?

If you practice a few minutes every day, you'll be able to relax when you want or amp up when you want. We'll practice frequency, mechanics, and volume for a healthy baseline breath.

Reservation required: \$40 to venmo @Cynthia-Bretheim. Fountain Square, 101 W Kirkwood, #241. Enter under the black awning on Walnut between Kirkwood and 4th Street. [DIYWellbeing.com](http://DIYWellbeing.com)

**You may be working way too hard for every breath.**

<sup>1</sup>Twal WO, Wahlquist AE, Balasubramanian S. [Yogic breathing when compared to attention control reduces the levels of pro-inflammatory biomarkers in saliva: a pilot randomized controlled trial.](#) BMC Complement Altern Med. 2016;16:294. doi:10.1186/s12906-016-1286-7