



## Move Your Lungs Workshop

Saturday, 19April, 10:00-noon

Pre-Registration required. Space limited.

\$40 check or venmo @cynthia-bretheim

Fountain Square, 101 W Kirkwood #241

**Concerns about: flu, blood pressure, asthma, sleep apnea, COPD, pneumonia, inflammation, anxiety, digestion?**

### **Help your body with your breathing pattern.**

You may have a breathing pattern that engages the fight/flight/possum response even when you want to relax. **This workshop provides practice and understanding of mechanics, frequency and volume. Help your health with every breath.**

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?

If you practice a few minutes every day, you'll be able to relax when you want or amp up when you want.

Reservation required: \$40 check to Cynthia Bretheim or 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.**

For more information, check out <https://diywellbeing.com/> or call 812-272-8188.

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