



Move Your Lungs Blood Pressure Workshop (In person)

Saturday, 4oct, 10:00-noon

Pre-Registration required. Space limited.

\$40 check or venmo @cynthia-bretheim

Register by email: bretheim@sbcglobal.net

Fountain Square, 101 W Kirkwood #241

**Do you feel: jittery, out-of-breath, have to sit down, dizzy when you stand up too quickly, frequent anxiety, irregular heartbeat?
Help your body with your breathing pattern.**

This workshop provides practice and understanding of mechanics, frequency and volume so that you have agency with your breathing and heart. When you're stressed or in a new situation, or **when life events throw you, you'll know how to find your metabolic steering wheel.**

Which breathing pattern for baseline every day?

What happens when you exhale longer than your inhale?

When to use the Wim Hof breathing exercise?

When to use the square breathing pattern with holds?

If you practice a few minutes every day, you will be able to relax more easily when you want or amp up when you want. Your patterns are both autonomic and moved by voluntary muscles. You have the power.

Email: bretheim@sbcglobal.net. Reservation required: \$40 check to Cynthia Bretheim or venmo @[Cynthia-Bretheim](https://www.instagram.com/cynthiabretheim). Fountain Square, 101 W Kirkwood #241. Enter under the black awning on Walnut between Kirkwood and 4th Street. DIYWellbeing.com

You may be working way too hard for every breath.

For more information, check out <https://diywellbeing.com/> or leave a message to chat: 812-272-8188.