

BREATH

M O V E M E N T S T U D I O S

BREATH IS LIFE A TRANSFORMATIONAL BREATH WORKSHOP

**SUNDAY 3RD MARCH 2024
4.00PM -6.00PM
(AFTERNOON TEA PROVIDED)**

JOIN US AT FOR A TRANSFORMATIVE TWO-HOUR WORKSHOP DIVING INTO THE PROFOUND REALM OF THE SCIENCE OF YOGA BREATH-WORK. KNOWN AS PRANAYAMA AND KRIYA, WHERE BREATH BECOMES THE GATEWAY TO AN ENRICHED LIFE.

DISCOVER THE IMMENSE POTENTIAL OF THESE ANCIENT BREATHING TECHNIQUES AS WE EXPLORE THEIR ABILITY TO RECALIBRATE THE MIND, RELEASE STRESS, AND FOSTER A SENSE OF PROFOUND INNER PEACE. THROUGH GUIDED PRACTICES, UNLOCK THE POWER WITHIN YOUR BREATH TO CENTRE YOUR BEING, AMPLIFY YOUR ENERGY, AND IGNITE A PATH TOWARDS HOLISTIC WELL-BEING.

EXPERIENCE THE REMARKABLE BENEFITS FIRSTHAND AND EMPOWER YOURSELF WITH TOOLS TO NAVIGATE LIFE WITH RENEWED VITALITY AND A DEEPER SENSE OF PURPOSE.

BENEFITS OF THE SCIENCE OF BREATH PRANAYAMA

- EXPERIENCE WHAT IS PRANAYAMA & KRIYA?
- LEARN POWERFUL TECHNIQUES FOR UPGRADING YOUR LIFE
- LEARN TO DESTRESS AND RECENTER WITHIN MINUTES
- GUIDED PRACTICE TO INTEGRATE POWERFUL KRIYAS
- EXPAND YOUR LUNG CAPACITY
- QUESTION & ANSWER

**BOOK NOW - \$59.00
BOOKING VIA THE MINDBODY APP
OR RECEPTION**



**WITH HELEN SELMECZY
YOGA ALLIANCE INTERNATIONAL
MASTER YOGA TEACHER**