

# BREATHE

A workshop about living with more breath with Carol Martin

Q: What are the three techniques taught in this workshop?

A: **The Alexander Technique “principles”** make up the physical technique. **Meditation using Breath** to reach the **Observer** point and to maintain that placement of consciousness is the mental technique. **Breath awareness with speech** is the emotional technique. Using just one will still “get you there”.

Q: Why the Alexander Technique?

A: Shallow breathing is one big way we keep our feelings at a distance or completely locked up. One of the many benefits of the Alexander Technique is “improved posture” that sets the stage for deeper breathing naturally.

Q: How long have you been teaching these techniques?

A: 20 + years now. So much is learned about life and living once we free up the energy for it – once we free up the breath. Our Breath is our Life. This workshop has helped me over the years so much! It allows me to embody its brilliance each time! It is a gift that keeps giving and never gets “old”.

Q: When is the next course?

A: **Sundays in February 2021, from 2 pm to 4 pm EST (8 hrs total)**

Q: Cost and Registration?

A: The fee is \$200. Register by paying the fee in total or breaking it down into smaller payments. Contact me with any questions by Phone: 705-734-0107 or email: [carolmartin155@gmail.com](mailto:carolmartin155@gmail.com) and payment can be by E transfer, cash or cheque.

Q: Is there a hand out?

A: Yes. It would be helpful for you to print it off and put it in a binder for easy access during the course.

Yours in Light and Love,

Carol Martin BA, RMT, Member/Teacher with INEH since 1986

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