BREATHE

A workshop to help you live easier 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*** *t*echnique. Meditation using Breath to reach the Observer point, and to get comfortable there in your life, 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" which 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 our energy for it – once we free up our breath. Our Breath is our Life. This workshop continues to help me! It allows me to embody its brilliance each time I share it! This is a gift that keeps giving and never gets "old".

Q: When is the next course?
A: **LIVE Class Date this FALL 2021:**
Thursday Mornings: Oct 7, 14, 21 & 28 from 10:00 AM to 12:00 PM 300 Lakeshore Dr. Suite 102, Barrie

ONLINE Class Date this FALL 2021: Wednesday Afternoons: Nov 3, 10, 17, & 24 from 2 PM to 4 PM

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 (between 9 am and 9 pm EST) or email: carolmartin155@gmail.com Payment can be by E transfer, cash or cheque and in person with the square.

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. Live, the hand out will be provided.

Yours in Light and Love,
Carol Martin BA, RMT, Energy Healing, Cranial Sacral Therapy, etc. and Coordinator with INEH (The International Network for Esoteric Healing)
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