

Breathe – A Workshop with Carol Martin

We breathe – we're here; we stop – we're gone.

Breath = Life

We activate the Vagus nerve and the Para Sympathetic nervous system response when we sit and breathe.

Breath = Life

We come into the present as we observe and allow our breath and our life.

Breath = Life

With the exhale, we create the space within that beckons life to enter us via the inhale.

(Life is a spiritual energetic principle)

Breath = Life

We make “space” for ourselves and others with a surrender to our breath, bringing more inclusivity into being.

Breath = Life

Our healing, wholing and integration is facilitated by a surrender to our Breath – a surrender to life.

Breath = Life

Our resistance to “letting go” of our exhale (shallow breathing) mirrors our resistance to “letting go” of psychological patterns and habits.

Breath = Life

BREATHE is usually taught over 4 weeks – 2 hours a week – to learn 3 practical skills that enable deeper breathing in everyday life. My book BREATHE is available in all formats on Amazon, my website, locally and from my office. It is informative, practical and inspiring. The Class BREATHE shows you how to embody the ideas in the book, and **live them**. This is a gentle, powerful and life changing class. 8 hours of class time to learn skills for: better posture, breath, balance, emotional calm and inspiration.

FALL LIVE Class Dates 2021:

Thur's: Oct 7, 14, 21 & 28 from 10:00 AM to 12:00 PM - Fee: \$200

FALL ONLINE Class Dates 2021: Wed's: Nov 3, 10, 17, & 24 from 2 PM to 4 PM