

Breathing for Relaxation

Reduces Stress ** Supports the immune system ** Brings balance to the body

Learn some easy techniques to breathe in more relaxing/supporting ways

Belly Breathing - Focuses on breathing deeply within the belly versus shallow chest breathing.

Body Breathing - Focuses on the exhalation, moving the breath through the body for deeper relaxation.

Meditation - Focuses on each inhalation/exhalation and a mantra to create stillness in the mind.

The 10 minute and 20 minute tracks provide music only for practice of the three (3) methods explained....both tracks end with bells to bring you back as the music ends.



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Offered by Holoquest, Inc.
and
North Carolina Healing Arts
Resource and Training Center
(in planning stages)



CHILDREN have enjoyed learning belly breathing

