



### **Breathing Your Way to Well-Being: The Sacred Art of Breathing**

Breathing is fundamental to life. *Are you intentional in the way you breathe?* Do you initiate your breathing using your lungs or your diaphragm, and do you know why it matters? Are you conscious of the connection between the way you breathe and your emotions, state of mind, and how you are feeling?

**Intentional, conscious breathing is a powerful spiritual practice that can inform and have a positive effect on your daily life and well-being.** Beginning in October on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month through December (Oct. 1, 15; Nov. 5, 19; Dec. 3, 17), come study and experience the sacred art of breathing. Basic spiritual/theological grounding will be offered, in addition to time for reflection, discussion, sharing, and in-class time to practice and experience what we are learning together.

Morning 9-9:45 a.m. or evening session 5:30-6:15 p.m. available.

Email Cristina [cpaglinauan@redeemerbaltimore.org](mailto:cpaglinauan@redeemerbaltimore.org) for more information and to sign up.

*Class size is limited to 15 participants for each session.  
We will meet in the Women's Council Room.*