



How Breath Affects the Nervous System



By Shelley Carpenter, PT, RYT, RM

I've created two free guided practices that will take you through a brief description of how the breath moves you from fight, flight or freeze to the relaxation response.

<https://www.youtube.com/watch?v=V17A4Eglpic>.

Enjoy!
Shelley

©April2022 Shelley Carpenter, Physical Therapist, Registered Yoga Teacher, Reiki Master Teacher is a practitioner at Ommani who offers group (Tuesday and Wednesdays) and individual therapeutic yoga sessions, physical therapy, and Reiki care. During the COVID stay-at-home period she is offering online yoga classes (<https://www.pureenergyyoga.com/monthly-subscription-channel>) and in-person or remote Reiki and in-person physical therapy. Call our office at 262.695.5311 to schedule an appointment.