

Saturday, March 18

1:30PM-3:30PM

Buteyko Breathing Technique

\$40 per person
(\$45 door)

with Dr. Brian McCarroll, DPT

BREATHE Away Stress, Anxiety & Pain!

This workshop is for anyone looking to learn how to breathe better in daily life and/or fitness activities, those suffering from chronic stress, anxiety, PTSD, new pain, chronic pain, depression or respiratory related issues. This is also a great foundation for Yoga/Fitness instructors interested in expanding their horizons in breathwork. No prior fitness or breathwork experience needed. Bring a yoga mat (or use one of ours) and wear comfortable warm clothing.

Buteyko breathing, simply put, teaches you how to breathe less and this is how you should be breathing all day everyday, but unfortunately many of us do not. This style of breathing is designed to teach you how to breathe more effectively. You control your nervous system by controlling your breath.

Did you know that most people are hyperventilating all day, everyday and this causes and worsens a whole host of issues within the body? In this class you will learn that slowing your breath down with your focus, you can calmly and coolly encounter stress, remain calm, think more clearly, and recover. This helps fight chronic disease and symptoms of poor breathing like asthma, bronchitis, pneumonia, anxiety, nausea, muscle knots, Renaud's Syndrome, and a whole host of other issues - all of which can be effectively treated and quickly remedied, *simply by changing how you're breathing!*

You will learn optimal breathing mechanics and basic breathing principles:

- Why deep nose breathing is the only way to breathe
- What a deep breath really means

This absolute beginner level workshop is appropriate for everyone of all capabilities. Gentle easy breathing throughout with focus and direction. We will incorporate how to use this breathing style with some gentle, bolstered restorative Yoga postures as well, concentrating on slow, deep breathing to facilitate relaxation and melt tension. You are in charge of your nervous system, and you can make lasting change just by breathing a little differently. You've made it through every stressful situation in your life thus far, now learn how to recover from stress more quickly and easily to just go about your day!



Pre-register: www.updogyoga.com/workshops/sterling-hgts-workshops



Dr. Brian McCarroll is a doctor of physical therapy (DPT) from Duke Medical School, who is passionate about helping people use their own bodies to reduce pain, stress, anxiety, regulate immune function and fight pain, especially chronic pain and disease. He is a certified Yoga Nidra, Tummo, Buteyko and Wim Hof Method Instructor. He has worked to highlight, combine, identify and create an environment of learning and experience.



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