BREATHWORK

with Dr. Brian McCarroll, DPT

$35 per person ($40 door)

BREATHE FREE! *This workshop is for anyone looking to expand their knowledge of proper breathing technique in daily life and/or fitness activities, those suffering from respiratory related issues, and Yoga/Fitness instructors interested in expanding their horizons in breathwork. No prior fitness or breathwork experience needed.*

This class is designed to reduce stress, anxiety, inflammation, pain and improve athletic performance. This is done through breathwork inspired by the Wim Hof Method and its Tummo style breathwork, light Yoga style stretching, and guided meditation specifically to help you focus on your mind. This workshop is the first in a series that will target varying areas of your body and mind to make change.

We will do this by breathing in a manner that will start to allow you to use your chest, lungs, brain, and body more effectively. You will develop control over systems that you otherwise hadn't thought possible. We will demonstrate this by showing you can do things like hold your breath much longer than you think, get in touch and gain control of your body.

Things to think about after class are: how you feel, how well you are able to go to sleep, how well you are able to maintain your sleep, how much energy you have, how your regular aches and pains feel, and your mood - are just a few things to pay attention to afterward.

Bring a yoga mat and comfortable warm clothing. Most people tend to get chilly during breathwork and having warmer options available allow you to focus on your breath holds, mind and body, instead of how chilly you're getting.

Pre-register online: https://www.updogyoga.com/workshops/rochester-workshops

Dr. Brian McCarroll is a physical therapist graduate 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. He has completed the 10 week Wim Hof Method fundamentals course, James Nestor's Breath, and breathwork instruction from Brian MacKenzie.

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