

Psychedelic Breathwork For ADVENTURE!

Expand The
Horizons Of Body
& Mind

Saturday, April 29

3:00-5:00PM

\$40 per person (\$45 door)

with Dr. Brian McCarroll, DPT

BREATHE DEEP! To Release Stress, Anxiety & Pain

This more advanced workshop harnesses the stress response, DMT and adrenaline that is released from Tummo/ Wim Hof breathing, in a very natural, safe and healthy way, to create and manifest a psychedelic experience. It is suitable for those familiar with breathwork techniques as well as beginners looking to make breakthroughs in their journey to unlock body and mind. Bring a yoga mat (or use one of ours) and wear comfortable warm clothing.*

This session is designed to help you explore body and mind, examine and work with trauma and blockages and feel intense euphoria with the release of adrenaline - all with the natural, healthy response of reducing inflammation, increasing circulation, reducing stress response, and enhancing latent abilities and your perspective.

Dr. Brian will guide you on this process to help facilitate your breath and meditative practices, including: the feelings you experience, how to manifest more, and how to remain calm. You may laugh, cry, yell, or even fall asleep as your body and mind achieves a deep level of release, simply by breathing! You will be able to release DMT which allows your body to relax, accept, and grow. You will confront, relax, and work through physical and emotional stress, and anywhere else your body and mind take you on this journey. The experience will be profoundly different and impactful for each person.

Come together in this nourishing, small group environment, join in the energy of the space, and learn to dig deep into mind and body to learn more about yourself and the world around you. Leaving this class you will feel refreshed, like you've achieved a deep release. Euphoria, visions, shapes, colors, feelings, emotions, bodily sensations, and any number of things are possible. All with the power of your own breath!

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

** Because of the deeply impactful nature of this class, participants must not be actively pregnant, have uncontrolled high blood pressure, or active epilepsy. Should you have any of these conditions, other breathwork class options are available to help control blood pressure and epilepsy, and mothers may participate after giving birth.*



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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