

# 'Breathwork and Stretching' Demo Brandywine Room

July 13<sup>th</sup> 9 am Yoga Mat/Chair

refreshments to follow



**'Breathwork'** is a technique to consciously affect normal breathing patterns to improve physical, and mental health. Benefits:

- Relaxation, stress reduction, improvement of mood and energy
- Increased clarity and focus thru increased oxygenation of the brain
  - Stimulates blood flow to the skin and other organs of the body
    - Promotes digestion
    - Decreases blood pressure
- Promotes better sleep thru release of Melatonin from the pineal gland
- **'Stretching'** improves overall fitness, flexibility, range of motion, posture, and ability to perform activities of daily living

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