



Breathing Techniques to Relieve Stress and Improve Health



Overview/Description:

Stress can compromise healthy breathing habits, but practicing breath work can reduce anxiety, encourage sleep, and in some cases, lower blood pressure. Participants will experience a variety of quick, easy breathing techniques during this course, and share back their results.

Workshop Objectives:

Participants in this training will:

- Try a 60-second breathing meditation
- Practice box breathing
- Experience 4-7-8 breathing
- Review some other intentional breathing techniques



TARGET AUDIENCE:

ANYONE WHO WANTS TO EXPLORE SHORT, SIMPLE BREATHING EXERCISES AS POTENTIAL WAYS TO ENCOURAGE PERSONAL CALM AND OVERALL WELLBEING AT NO COST



EXPECTED DURATION:

45-60 MINUTES

