

# catch your breath

# d e e p

# b r e a t h i n g

mental & physical stress come with a busy life, economic concerns, caretaking, advocacy, which lead to inefficient breathing and other health issues.

slow deep breathing counters our everyday shallow breathing. this natural, simple practice provides relief from stress, brings balance and other benefits. everyone is welcome. the sessions are free.

tuesdays at 10 am – 11 am

Social Development Centre WR at St John Church

corner of Water St North and Duke, downtown Kitchener

519-579-3800

**to breathe is to live...to breathe more fully, is to live more fully**