

catch your breath

d e e p

b r e a t h i n g

mental & physical stress comes with living a busy life, economic concerns, caregiving, advocacy, etc. these lead to inefficient breathing & 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.

spring/summer 2019, Tuesdays 10 am – 11 am

Social Development Centre Waterloo Region at St John Church

23 Water St North Kitchener, entrance and doorbell on Duke St.

for information 519-579-3800

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