

mindfulhaus

BREATHWORK + SLOW LIVING

## Breathwork for Perimenopause & Menopause

60 min workshop via Zoom

### RELEASE

stress, anxiety, overwhelm,  
fear & control

### REAWAKEN

your inner calm,  
radiance & peace  
of mind

### ELEVATE

your well-being &  
emotional freedom

*facilitated by*

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# Workshop Details

*This informative and experiential workshop is tailored to women and is both a stress-reduction and mindfulness talk, focused on oxygenation and relaxation. Part lecture, part interactive breathing exercises, plus an "active meditation," participants will gain the knowledge and tools for proper breathing, identify their own dysfunctional breathing patterns, benefit from immediately applicable exercises and leave feeling relaxed and refreshed.*

## Benefits of proper breathing and breathwork::

- Enhanced focus, mental clarity, productivity & mood
- Better sleep
- Higher immunity
- Reduced stress & anxiety
- Feel centered & balanced
- Balance your pH
- Improve digestion
- Lower heart rate & blood pressure

