

Gentle Breathing

for Asthmatics

with Gurmit Kaur

Research has shown that people who do breathing exercises daily reduce their use of medication. Learn the secrets of yogic breathing, especially safe and useful for asthmatics.

The 'Gentle Breathing' programme is a safe and relaxing method which will give you the holistic tools and knowledge which will help you manage your breath more effectively.

- Learn the biggest mistakes people make when breathing & how you can correct your breathing patterns
- Learn how you can use the breath for greater energy & calmness
- Learn deep relaxation methods using your breath
- How you can improve your asthma management

For more info log onto: <http://gentle-breathing.com/>

Sunday
11 March
2012

13:00 - 16:00

Price £50

www.specialyoga.org.uk

0208 968 1900

Registered Charity Number: 1103848

Your attendance supports the yoga therapy work that we do,
helping children and families with special needs

The Special Yoga Centre
yoga for everyone

