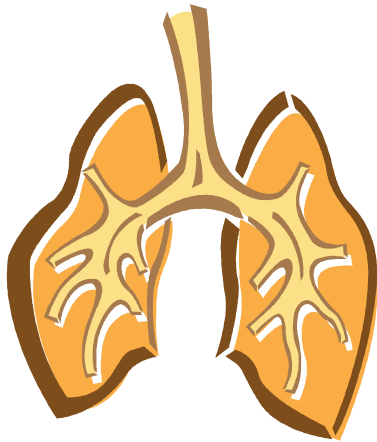


All You Need is BREATH!



Experience the Natural Breath;

Create a Lifeline to Optimum Health and Well-Being

3 Hour Workshop with Sujata Ringawa,

Certified Anusara Yoga Instructor (www.yogalifeworks.com)

**Where: Acupuncture & Associated Therapies, 681 Falmouth Rd.,
Deer Crossing Upper Level, Mashpee**

When: SATURDAY, MARCH 13th, 2:00 - 5:00pm

Registration: Call 508 539-0299. Space is limited; you can reserve your space with advance payment.

Fee: \$50.00 or 10% discount (\$45.00) before March 8th

Discover your natural breath and connect more fully to its life-giving rhythm. The breath serves as a bridge to mind, body, and spirit; when we harmonize and balance the breath, all levels of our being receive the benefits. Countless medical research studies conclude that the way we breathe greatly affects our health and can lower blood pressure, reduce stress and increase vitality, along with many other positive effects. As we pay more attention to our breath, we develop a relationship that becomes a lifeline to optimum health and well-being.

This 3 hour workshop offers a variety of breathing techniques and exercises to nurture this relationship. It provides clear, simple information about the breath and the breathing process, and explores different pathways to the natural breath through movement, gentle yoga, and meditation. During this process, you'll be able to get in touch with your natural ability to breathe freely---with ease and enjoyment, relaxation and fullness.

