



Breathe Well, Be Well: Managing Pain, Stress & Emotions through Breath-work, Meditation & Mindfulness

- Learn how proper diaphragmatic breathing can improve health and manage stress & pain
- Practice deep diaphragmatic breathing (yoga breathing) as well as other forms of breath-work
- Understand how to use intention and mindfulness to manage stress, emotions and pain
- Learn how to apply these newly-learned skills on a daily basis to feel good
- Experience guided meditation that will connect you with your innate wellness

Sunday Nov 23, 1:30pm-3pm — \$15

*** No previous experience with breath-work or yoga is necessary ***

About the instructor: Sheetal Contractor is a licensed massage therapist, certified yoga instructor, wellness coach, author of the book *Anyone Can Do YOGA! (... So What's Stopping You?)* and creator of the DVD Series called *Yoga Essentials*. Her yoga background includes training from a variety of styles and teachers over the past 20 years.

Sheetal's programs offer personalized attention to allow each person to learn according to his/her needs. Her mission is to help individuals reclaim their power when it comes to their health. She aspires to do this through her concept of 'Yoga Self-Care' which empowers people to "Move Well, Breathe Well and Think Well" each and every day! For more information about Sheetal, visit www.SolunaSolutions.com.

