



# Breathing for Wellness

2 session  
online course

Learn how to breathe optimally to facilitate good health, sleep, mental calm and alertness

DATE TIME	Wednesday Oct 15 & 22, 2025 7:30-8:45 pm EST: breath practices, gentle movement, Q&A
MISSED CLASS	A video link will be emailed the following day to make-up any missed classes and to review the practices
COST&REG ISTRATION	\$50 e-transfer to nataliafister@me.com (If you don't get a welcome letter and zoom link 3 days before the course starts, check your junk mail or email me)
CLASS OVERVIEW	<ul style="list-style-type: none"> <li>● <b>Breath Awareness: What is your breath signature?</b></li> <li>● <b>Breathing with gentle movement to balance your nervous system and release tension</b></li> <li>● <b>Breath hold techniques to balance your nervous system and build lung capacity/elasticity</b></li> <li>● <b>A guided, meditative <u>coherent breath practice</u> &amp; body scan</b></li> </ul>

## What is coherent breath?

Coherent breathing, the core practice of the class, involves slowing the breath to 5 breaths a minute to restore optimal function & coherence throughout mind-body-heart systems for greater health and well-being.

## Learning Outcomes & Benefits

- To become more aware of how we breathe
- How your breath is impacted by
  - emotions
  - stress and anxiety
  - cognitive and physical activities
- To harness & balance your nervous system through the use of breath & gentle movement
- In particular, how this can help calm you when you are feeling anxious, energize you when you are feeling sluggish, and alleviate insomnia.
- The many physical and emotional benefits of optimal breathing.
- Resources to help continue studying & practicing **VRB: Voluntarily Regulated Breathing**