

W I N T E R 2 0 1 7



Presents:

Breathing for Life

Practices for Restoring Emotional Resilience
and Metabolic Health

with Jocelyn Olivier

Do you experience:

- Asthma?
- Anxiety?
- Chest Breathing?
- Depression?
- Digestive Disturbances?
- Disturbed Sleep?
- Low Energy?
- Trouble Thinking?

A four night class Mar 7th, 14th, 21st, 28th
from 7 – 8:30 pm. Cost \$100

These are all the result of Hidden
Hyperventilation and Paradoxical Breathing!

Learn about the many functions interrelated to how you breathe.

Test yourself for metabolic eucapnic balance, the balance of oxygen to carbon dioxide in your blood.

Learn to use your breath to regulate your metabolism, state of mind, energy, cognitive wellbeing, anxiety, lethargy and much more.

The changes in your feeling state and the results on your health will be surprising, some of them immediate!

Learn breathing techniques for calming,
increasing energy, discharging tension, and
freeing the diaphragm.

You must be registered to attend.

Space limited to 20 registrants. No admissions at the door.



Call **415-388-9945** to register.

655 Redwood Hwy, Suite 225
Mill Valley, CA 94941