

BREATHWORK



6 WEEK COURSE - €75

STARTING 20th FEB

7.30pm - 8.30pm

Breathwork helps

- Calm the mind
- Improve Focus, Sleep and Energy Levels
- Reduce Anxiety and Overwhelm
- Improves Heart Rate Variability

Classes start with some light stretching followed by a different breathwork technique each week ending with a relaxing meditation



@Sutton LTC GYM

Text Niamh on 086 6796526