

PAUSE AND RESET: A BREATHING SKILLS WORKSHOP

Learn stress management using evidence-based breathing techniques grounded in Cognitive Behaviour Therapy (CBT). This introductory one evening workshop will help you build resilience to cope with daily stresses, emotion regulation, increase body and breath awareness, and feel more in control - one breath at a time.

Topics

The physiology of a breath
How breath impacts thoughts, emotions
Breathing practices to calm and energize

Date: June 16th

Time: 6pm - 8 pm

Location: In-person

Ages: Anyone 18+ is welcome

\$70 - Covered Through Insurance

Contact

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