

# BREATHING FOR EMOTIONAL HEALING

starting 8 May 2019



## About This Workshop

Feel better, sleep better, have better relationships, improve your health and make a meaningful change in your life.

Often when we are faced with grief, sadness, or anger, those feelings are suppressed turning into depression, anxiety, addiction or insomnia.

Your breath is a tool that will be there for you for the rest of your life. Build an intimate and close relationship with your breath and experience deep relaxation, rejuvenation and transformation. Through carefully chosen breathing techniques, and some simple movements you will build the skills of

mindfulness, presence and contentment in a truly eye opening experience.

This workshop is suitable for all fitness levels, backgrounds and ages. Everyone is welcome and included in this extraordinary yet simple to follow workshop.

**When:** Sat, Mon and Wed at 8:30 to 10pm

**Date:** 8-18 May 2019

**Teacher:** Weam Zabar

**Price:** BD45 (5 classes)

**To book:** Call 17591565 or email [info@namastebh.com](mailto:info@namastebh.com)