

BREATHWORK

Science shows that re-learning how to breath can improve our physical and mental health. In this 3-week series, participants will discover the healing power of the breath and learn various breathing strategies to regulate emotions and body systems.

This webinar is for anyone looking to improve their well-being, create a sense of internal balance, regulate strong emotions, and gain strategies to use the breath as a tool for improving their physical and mental health.

Week 1 - Introductions to Breathwork

Week 2 - (Re)Learning to Breathe

Week 3 - Regulating the Nervous System

FACILITATOR

Clare Karasik, MSW, RSW

Family Service Toronto Counsellor

DATE & TIME

Mondays, 10:30 a.m. - 12 p.m.

May 30, June 6, and June 13, 2022

REGISTRATION/INFORMATION

The webinar is free. To register or for more information contact Family Service Toronto Service Access Unit.

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