

Breathing for Vitality

Discover the hidden energy in every breath you take

Eight week group commences
Thursday 8th March
10:30a.m. - 12:30p.m.



Benefits of breathwork

- ◇ *less stress*
- ◇ *deeper sleep*
- ◇ *less depression*
- ◇ *higher self-esteem*
- ◇ *less fatigue*
- ◇ *more energy*
- ◇ *reduced smoking*
- ◇ *fewer panic attacks*



Come prepared to breathe

- * Cost \$80 (concession \$40)
- * Fee negotiable if difficult to pay



**Leichhardt
Women's
Community
Health
Centre**

To make your booking call

9560 – 3011

or email info@lwchc.org.au

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