

Breath-Body-Mind Workshop

Increase Your Resilience, Lower Your Stress



Registration \$85
CE credits available*

Two-Day Introductory Workshop

Learn proven breathing techniques to relieve stress and improve mood, mental focus, and performance. Benefits have been enjoyed by thousands of adults and children worldwide, including medical professionals, yoga teachers, military veterans, and individuals with PTSD, anxiety, depression, ADD, cancer, and other health conditions.

These techniques have been a transformative experience for many practitioners, who never would have imagined that something so simple could be so powerful and helpful. You will learn to:

- Renew your energy and increase your stress resilience
- Increase lung capacity, oxygenation, and cardio-respiratory health
- Improve relationships and empathic abilities essential to connection at work and at home

The workshop will be led by Dr. Richard Brown and Dr. Patricia Gerbarg, recognized pioneers in evidence-based integrative medicine. This introductory workshop is appropriate for both service providers and the general public. The workshop is a prerequisite to the BREATH-BODY-MIND™ Level-I Teacher Training that prepares individuals to teach trauma-sensitive BREATH-BODY-MIND™ practices safely and effectively to clients.

This program is offered in support of the Westchester Resilience Coalition.



Register at conversations.westchesterlibraries.org
Spaces are limited, act now.

*WJCS SW CPE is recognized by the NY State Education Department's State Board of Social Work as an approved provider of continuing education for licensed social workers #0067. The learner must complete all parts in order to earn the certificate for 12 contact hours. Other continuing education credits may be available. Inquire on the registration page.

8:30am to 4:30pm
October 3 & 4, 2019

Edith Macy Conference Center
Briarcliff Manor, NY