

westchester breathes

SATURDAYS JUNE 6 & 13, 2026
JOIN IN-PERSON OR ONLINE

Breath-Body-Mind™ (BBM) Fundamentals Course

This 12-hour in-person & online course is for participants who want to experience and practice the Breath-Body-Mind™ (BBM) approach to relieving stress and increasing wellness. 12 in-person & 12 online seats are available.

Led by: Advanced BBM Teachers Elena Falcone and Ann Fleuchaus

Dates: June 6 & 13, 2026 - attendance at both days is required

Times: 9:00am to 4:30pm

Location: Westchester Library System administrative offices,
570 Taxter Road, 4th floor, Elmsford NY 10523

Cost: \$250 USD

LEARN MORE AND REGISTER AT
CONVERSATIONS.WESTCHESTERLIBRARIES.ORG/BREATHE

