

Saturday, March 12

1:30PM-3:30PM

Intro To Basic

# BREATHWORK

with Dr. Brian McCarroll, DPT

**\$40 per person (\$45 door)**

***BREATHE Away Stress, Anxiety & Pain!*** This workshop is for anyone looking to learn how to breathe better in daily life and/or fitness activities, those suffering from chronic stress, anxiety, PTSD, new pain, chronic pain, depression or respiratory related issues. This is also a great foundation for Yoga/Fitness instructors interested in expanding their horizons in breathwork. No prior fitness or breathwork experience needed.

This introductory session is designed to reduce stress, anxiety, inflammation, pain and help with mood and sleep. This is done through breathwork inspired by the Wim Hof Method and its Tummo style breathwork, light Yoga style stretching, and guided meditation specifically to help you get out of your head and into your body. This basic stress breathworkshop will give you the basic tools you need to start taking control of your life - simply by using your breath.

We will do this by breathing in a manner that will start to allow you to use your chest, lungs, brain, and body more effectively. You will develop control over systems that you otherwise hadn't thought possible. We will demonstrate this by showing you can do things like hold your breath much longer than you think, get in touch and gain control of your body. You will learn:

- Optimal breathing mechanics and basic breathing principles
- Basic stress and pain management breathing: learn to focus and slow down
- Wim Hof Method style breathing to go deeper into your body and mind to unlock and release stress, anxiety and pain and recover more effectively

Bring a yoga mat (or use one of ours) and comfortable warm clothing. Most people tend to get chilly during breathwork and having warmer options available allow you to focus on your breath, mind and body.



Pre-register online: <https://www.updogyoga.com/workshops/rochester-workshops>



*Dr. Brian McCarroll is a physical therapist graduate from Duke Medical School, who is passionate about helping people use their own bodies to reduce pain, stress, anxiety, regulate immune function and fight pain, especially chronic pain. He has completed the 10 week Wim Hof Method fundamentals course, James Nestor's Breath, and breathwork instruction from Brian MacKenzie.*



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