

with Dr. Brian McCarroll, DPT

Saturday, April 9

1:30PM-3:30PM

BREATHWORK III

Expand The Horizons Of Body & Mind

\$40 per person
(\$45 door)

BREATHWORK III FOR ADVENTURE! Expand The Horizons Of Body & Mind

To attend this workshop you must have previously attended at least one regularly scheduled 1-hour Breathwork Class and/or "Intro To Breathwork" or "Breathwork II" Workshops with Dr. Brian.

In this **Breathwork III** session, you will unlock your mind and body and explore yourself in ways you never imagined. Release your body's own reserve of psychedelic DMT, and see how deep into your mind and body you can go! This advanced workshop is designed for experienced breathers so you must have previously attended another breathwork class or similar event. You will learn:

- Advanced breathing management to go deeper into body and mind
- How to increase your ability to exercise more effectively
- How to unlock and release your body's own reserve of psychedelic DMT for deep stress release, increased creativity and focus

This session will profoundly impact your body and nervous system. This will allow your body to unlock more fully and allow your stress and tension to release while your curiosity bursts forth. You may experience physical releases of muscles that have been tight for a long time finally relaxing, emotions you have been holding on to may surface, you may see amazing visualizations, impossible sounds, and unlock a deeper understanding of yourself. All with the power of your own breath. You will learn how to remain calm and truly experience life and emotion, perhaps for the first time.

Attendees should be familiar with Wim Hof Method style breathing and be looking to expand knowledge of body and mind. You will leave with a greater understanding of your body, be energized by breathing, and feeling amazing. Bring a yoga mat (or use one of ours) and wear comfortable warm clothing.

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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