

with Dr. Brian McCarroll, DPT

Saturday, February 5

1:30PM-3:30PM

BREATHWORK II

For Inflammation, Endurance & Confidence

\$40 per person
(\$45 door)

BREATHE Away Inflammation, Increase Endurance & Confidence!

To attend this workshop you must have previously attended a regularly scheduled 1-hour Breathwork Class and/or Intro To Breathwork Workshop with Dr. Brian. This intermediate level class is designed to teach you methods to reduce inflammation, increase your ability to exercise, and help you take control of your deep body mechanisms.

In this **Breathwork II** session, we will build on skills you've learned in previous breathwork sessions, learning new ways to interact with the body while helping to lower inflammation and unlock power.

You will learn breathing techniques to:

- Lower and control inflammation
- Increase your ability to exercise more effectively
- Basics of freestyling your breathwork to meet your specific needs

Foster health by lowering inflammation in your body such as sore, injured, recovering muscles, or glands like your thyroid. Learn how to control your inflammation and lower your inflammatory markers - just by changing how you breathe. The best part is you feel amazing while doing it!

You also will learn how to use your breath to use your body to its fullest. Impress yourself in your ability to do a physical activity, just by changing the way that you breathe. There will be numerous breathwork options to choose from and we will find the best activities to benefit you.

As always, you will leave feeling energized, reduce stress, and feel more focused on your body and mind. 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.



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

Named "Best Yoga Studio In Metro-Detroit by ClickonDetroit.com"