

HANGOVER
helper

Go From New Year's Eve

Hangover

To Happy!



New Year's Day

Breathwork

with Dr. Brian McCarroll

Sunday, January 1st

11:30AM-12:30PM

\$20 per person (\$25 door)

Do you have a hangover from an amazing time on New Year's Eve, just feeling tired or fatigued, or want to start off the New Year with improved health and wellness?

Dr. Brian McCarroll has the cure!

Join Dr. Brian for New Year's hangover breathing class to learn a breathing method that can get rid of any hangover or general sleepiness and fatigue in less than half an hour. You'll need to do some breathing, but it will make you feel better with every round - until you start feeling better than just fine, and even great!

This 60 minute breathwork class includes electrolyte infused water before we begin, breathing techniques and light Yoga specifically designed to knock out a hangover, followed by tea and cacao after class. This breathing style is modified from regular breathwork class so if you are experienced with that you can still learn something new and feel great while you are doing it as well.

No prior breathwork experience needed. Dress in comfy, loose layers such as sweats. You will be profoundly changing your body's chemistry by breathing so for safety purposes we ask that pregnant women, people with uncontrolled high blood pressure or uncontrolled epilepsy do not participate in this particular breathwork class.

Pre-register: <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.

<https://www.p3physiotherapy.com>



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