

NEW Class!

Weekly Tuesdays

7:00PM

BREATHWORK

with Dr. Brian McCarroll, DPT

Tuesdays 7:00-8:00PM

**Regular class rates apply – FREE To All Unlimited Members
No Prior Breathwork Experience Needed - Everyone Welcome!**

BREATHE FREE! This class is for anyone looking to expand their knowledge of proper breathing technique in daily life and/or fitness activities, those suffering from respiratory related issues, and Yoga/Fitness instructors interested in expanding their horizons in breathwork. No prior fitness or breathwork experience needed. **Beginners are always welcome and you can join any of our weekly sessions anytime.**

This breathwork class is inspired by the Wim Hof Method and its Tummo style breathwork, light Yoga style stretching, and guided meditation specifically to help you focus on your mind. We will focus on varying areas of your body and mind weekly to make long-lasting change.

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. These techniques will enable you to reduce stress, anxiety, pain and inflammation, improve sleep, endurance and athletic performance - all by breathing in a manner that will start to allow you to use your chest, lungs, brain, and body more effectively.

Things to think about after class are: how you feel, how well you are able to go to sleep, how well you are able to maintain your sleep, how much energy you have, how your regular aches and pains feel, and your mood. Group discussion to address your questions, areas of interest, and progress will be addressed each week.

Bring a yoga mat and comfortable warm clothing. Most people tend to get chilly during breathwork and having warmer options available allows you to focus more effectively on your breathing.



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.

<https://www.p3physiotherapy.com>



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