

# Guided Meditation & Breathing

with Dr. Brian McCarroll, DPT



**No Prior Meditation Or Breathwork  
Experience Needed - Everyone Welcome!**

**Weekly In-Studio Thursdays @ 7:30PM**

**Regular Class Rates Apply Or \$17 Single Class Drop-in – FREE To All Unlimited Members!**

**RELAX & BREATHE FREE!** *This class is for anyone looking to learn and/or expand their knowledge of meditation and proper breathing techniques in daily life. No prior meditation or breathwork experience needed. Bring a yoga mat (or use one of ours) and wear comfortable warm clothing.*

**Beginners are always welcome and you can join any of our weekly sessions anytime.**

This guided meditation class is inspired by various styles of breathwork from the Wim Hof Method and its Tummo style, to the Buteyko method and others, combined with some gentle restorative Yoga and guided meditation. We will focus on varying areas of your body, breath and mind weekly to give you the tools and experience to make long-lasting change.

You will develop control over systems that you otherwise hadn't thought possible. These techniques will enable you to reduce stress, anxiety, pain and inflammation, improve sleep, confidence and endurance - all simply by using relaxation techniques and breathing in a manner that allows you to use your chest, lungs, brain, and entire 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 part of each weekly session.

Learn to relax and breathe more effectively to harness your true potential. Unlock blocked areas of your body and release adrenaline - *all through the use of meditation and your breath!*



**Pre-register: <https://www.updogyoga.com/rochester-class-schedule>**



*Dr. Brian McCarroll is a doctor of physical therapy (DPT) 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 and disease. He is a certified Yoga Nidra, Tummo, Buteyko and Wim Hof Method Instructor. He has worked to highlight, combine, identify and create an environment of learning and experience.*



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**Named "2017 Best Yoga Studio In Metro-Detroit" by WDIV ClickonDetroit.com**