

Dr. Lawrence Bell Presents:

PRANAYAMA TECHNIQUES

You Might Not Know

Somato Respiratory Integration
Stages 4-7

Saturday, May 5

1:00PM-5:00PM

\$50 per person (\$55 at door)

BREATHE FREE! This workshop 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 breath work to earn Yoga Alliance CE credits.

Somato Respiratory Integration (SRI) exercises are based on Donald Epstein's book "The 12 Stages Of Healing" and are designed to help the brain to reconnect with the body and its experience. The goal of SRI is to help an individual develop lifetime skills, safety, strength, wisdom and love in relationship to the experience of his/her body, its vibration, structure, and energy.

In this workshop, Dr. Bell teaches participants how to directly experience the power and wisdom of breath and its relationship to the body, touch, and movement. Through connecting a person's breath, touch, focused movement, and attention, they are able to experience the body more fully and instantly shift their state of consciousness to one that supports trust for the body-mind and their life experience.

Stages 4 through 7 are part of the season "Transform". Each season has a different quality or flavor of experience, bringing with it its own richness of personal growth and development. The four seasons include: Discovery, Transform, Awaken, and Integrate.

No prior pranayama or yoga experience required – all levels welcome.

Pre-register: www.updogyoga.com/workshops



Dr. Bell has been practicing NSA, SRI, and other gentle healing methods since 2003. He offers monthly talks, workshops, retreats, and tools aimed at providing support & strategies to those individuals and organizations seeking meaningful and sustainable growth. For more information about Dr. Bell and his work, please call (248) 266-8035 or write to: SametaHealing@gmail.com. You may also visit IntegraLifeCenter.com.



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