

# Breathing Boost for Your Immune System

With Dorian Abel, C-IAYT



Friday, February 16

7:00 – 8:30 p.m

\$18 prepaid/\$20 at the door



Healing Yoga

1397 E. Main St.

Douglasville

Breathwork, gentle movement, restorative poses, mudras, (hand symbols) and relaxation to open the lungs, release the diaphragm, open up the side body, stretch the intercostal muscles, expand the breath, and release toxins. Join us for a peaceful evening that will:

- ❖ teach you simple practices you can incorporate at home
- ❖ support your health
- ❖ reduce stress and fatigue
- ❖ leave you feeling refreshed and energized.

For more information or to register:

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610-310-1479