



Marin Advocates for Children

Presents:

'The Dynamics of Healthy Breathing'

with Christine Bandettini, MFT, Registered Yoga Instructor

- *Participate in an experiential and didactic class designed for those who would like a simple, cost-effective strategy for stress reduction. This class will also be helpful for those suffering from anxiety, depression, chronic illnesses or pain and for professionals who work with or teach with these conditions.*
- *Learn the body/mind responses if breathing is paradoxical or reversed.*
- *Learn and practice correct diaphragmatic breathing.*
- *Learn some basic ways to sit and breathe correctly.*



Tuesday, November 1, 2011

5:30 ~ 7:00pm

The Marin Justice Center

30 North San Pedro Road

San Rafael

Downstairs Conference Room

PLEASE RSVP:

Robyn Roberts 415-507-9016 or robyn@marinadvocates.org