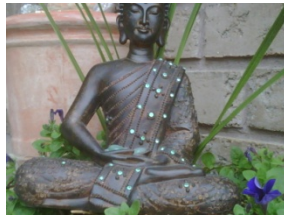


Learn Relaxing Breathing Techniques to Release Stress, Anger and Brain Fog

Learn the relaxing breathing techniques in a fun playful way that fosters community and mental health wellness for the entire family. Moments of Joy hosts this FREE Whole Child Network event... to benefit parents and youths. In this supportive environment – experience your breath as an inner resource and health remedy... this is also an effective tool when transitioning difficult situations or releasing emotional trauma. Therapeutic breathing is a rescue remedy – physical and mental Detox after shock or medical distress. The body needs to release these subtle traumatic injuries; otherwise they remain in the cells.



Immediate Rewards:

Concept – benefits of breath to improve functioning of the body-mind systems – oxygen to cells; change to mood, release of endorphins, bring energy into the body, uplift, release fatigue, help with addictive behavior, relaxation & sleep and improve stress response in daily life.

Breathing Techniques to release Stress... practice some fun, playful breathing exercises to release the type of stress that comes from feeling overworked, too much on your plate ect.

Breathing Techniques to release Anger... breaks up mental congestion and infuses the body with oxygen & radiant energy quickly. Releases anger, paranoid feelings, interrupts oppressive thoughts.

Breathing Techniques for Brain Fog... confusion, lack of concentration, unable to focus, lack of clarity, trouble decision making, inability to slow down our thoughts and quiet our minds

- **DATE:** Sunday March 6, 2011
- **TIME:** 4:30 pm - 6:00 pm
- **Cost:** Free Session
- Moments of Joy, 6 Coco Ave, Richmond Hill (E. of Bayview S of Elgin Mills)

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- **BIO:** Yvonne is a Holistic Health Practitioner, Homeopath, Certified Aromatherapist & Kundalini Yoga Teacher in Richmond Hill. She has been working with essential oils professionally since 2003 and has many success stories. She teaches Aromatherapy skills to practitioners and practical workshops for everyday use of essential oils. Please see her web site www.momentsofjoy.org
 - **RSVP at** www.meetup.com/whole-child-network
 - **For info, contact Angela Shim 416.723.7324 email:** angela@wholechildnetwork.com