



## *Breathe with Bob*

### **What Is Breathwork and Its Benefits**

Breathwork releases and balances by doing circular or conscious connected breathing in and out through the mouth while lying down.

### **Some of the Potential Benefits**

- \* Decreases Stress \*
- \* Reduces Nervousness \*
- \* Improves Immunity \*
- \* Detoxify Body \*
- \* Improves Focus \*
- \* Relieves Pain \*
- \* Releases Fear \*
- \* Increases Energy \*
- \* Increases Self-Esteem \*
- \* Strengthens Lungs \*
- \* Improve Sleep \*
- \* Improves Digestion \*
- \* Increases Self-Love \*

### **Upcoming Group Sessions**

**Friday, February 17, 7:00 AM to 8:30 AM** – Topic: Stress, Anxiousness, Sadness.

**Monday, February 20, 7:00 AM to 8:30 AM** – Topic: Love, Self-Love

**Wednesday, February 22, 6:30 PM to 8:30 PM** – Topic: Abundance.

Where: **CIHB, 2405 E. Southern Ave., Suite 1, Tempe, AZ 85282**

Class is limited to 10 individuals on a first come first serve basis.

Please bring: yoga mat to lie on, bolster if you want some thing under your legs, pillow (not to lie on), water.

Cost is \$35 per person (cash, check, Visa/MasterCard, or Venmo.)

**\*\*\* February special: bring a friend for free \*\*\***

Please arrive 15 - 20 minutes early.

Note: we will begin promptly in late arrivals will not be allowed to come in.

**(If you are pregnant, have a heart condition, or have questions or concerns regarding your health, please, contact your healthcare provider before doing Breathwork.)**

**Disclaimer:** breath work is not a substitute for a traditional medical care.

**To reserve your spot call: Bob Jarman at (480) 487-5296**

For more information about CIHB visit [centerforinnerhealingandbalance.net](http://centerforinnerhealingandbalance.net)

