



# Yoga for Allergies & Asthma

*with Jen Hudak*



**Saturday, November 11**

**1:30 - 3:30 pm**

**\$35**

People who suffer from asthma or allergies know that those conditions have the potential to overwhelmingly affect our daily lives. And when our breathing is constricted or our head is congested, even practicing yoga can be uncomfortable. Certain poses exacerbate congestion, and focusing on the breath can make an asthma sufferer panicky. But our yoga practice can help us when we're having an asthma flare-up or during a bad allergy season, if we know how to modify it.

During this workshop, we'll explore:

- \* Poses and stretches that open the chest and side muscles in order to ease congestion and make more space for the breath
- \* Ways to modify traditional yoga poses that may feel uncomfortable or inappropriate when we're suffering from congestion or sinus pressure
- \* Alternative mindfulness techniques other than focusing on the breath
- \* Alternative breathing methods for when nose-breathing is impossible
- \* Ways to calm ourselves during an asthma attack or any time we feel short of breath

Handouts will be provided!

***Space is limited for this workshop —  
advance registration required by Wednesday, November 8!***

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