



## THE ART BREATHING

### An energizing and interactive experience

Presented by Ray Torres – Founder of Age Well Recreation and the leading Senior Housing yoga instructor on Long Island.



**“ During this course, students will learn about mindful breathing - From its ancient history to the modern-day scientific evidence that supports its ability to improve quality of life.”**

Students will learn several breathing techniques that have been practiced for millennia and proven by modern day medical science to reduce stress, promote mindfulness and tap into our imagination.

With a relaxed mind and body, students will express their creativity by sketching their own drawings demonstrated by a live model.



**When:** Every Monday 2:00 – 3:15pm

2/2/26 - 5/29/26 - Dates are available on a first come first serve basis

**Instructor Fee:** \$200. Per class. Includes all art supplies and materials

**Class Outline:** See page 2

# THE ART OF BREATHING: 75 Minute Class Outline

## History Lecture

The class begins with a 20-minute lecture about the history of breathwork throughout millennia. Spanning from ancient times to modern-day scientific studies that prove its health benefits.

## Breathing for Mind and Body Health

Here are some examples of the breath exercises we will discuss and learn:

- **Box Breathing** (also called tactical breathing) used by the Navy SEALs to control stress, sharpen focus, and stay calm in high-pressure situations.
- **Lion's Breath** is an ancient yogic breathing practice, rooted in Hatha Yoga, named for its lion-like expression—wide-mouth roar and extended tongue—that releases throat tension, clears energy & builds confidence.
- **Bumblebee Breath**, is a powerful yogic breathing technique where you inhale through the nose and exhale with a deep, steady, bee-like humming sound, often using finger placements (like thumb in ears) to heighten sensory focus, effectively calming the mind, reducing stress, lowering blood pressure, and improving voice tone

## Drawing Experience

Breathwork has the ability to open up the creative mind. Over the next 30 minutes, Ray will model poses while students use their artistic expression by sketching their visions. With the stimulating sound of classical music in the background and visually interesting modeled poses, students will be inspired to let their creative energy run free while quieting their minds.

## Conclusion

We will conclude the class with a feedback discussion as well as share each others work with the group.

Like our yoga classes, this class is professionally designed to be educational, creative, fun and encourage a sense of community for all residents.

