

Breathing Better, Living Better

with Dr. Fern Engelson

Experts across a wide range of disciplines recognize that, in order for us to feel better, we need to breathe better. Yet, interestingly, most of us are not breathing optimally, as we tend to unconsciously develop poor breathing habits, often as a response to life's stressors.

In this unique and important class, we will combine the wisdom of ancient traditional healing arts with the wisdom of modern day science to enhance our health and overall well-being. Together we will learn simple and effective practices that, when incorporated into your daily life, can:

- **Help support and protect the various organ systems in the body**
- **Improve the quality of sleep**
- **Reduce stress, and create more ease in the body and mind**
- **Elevate mood and energy levels**
- **Enhance memory, concentration, and ability to focus**
- **Foster an overall greater sense of vitality and strength**
- **Heighten awareness of the vital life force that lives within us and all around us!**

We will explore how to breathe more efficiently and support our physical, mental, and emotional well-being by:

- **Developing a greater understanding of how our lungs function and what they need to perform optimally**
- **Strengthening our posture and primary breathing muscles**
- **Practicing Qi Gong techniques specific to lung health such as gentle movements, self massage, and acupressure**
- **Practicing a variety of conscious breathing and energy healing techniques**
- **Learning about healthy eating and other lifestyle strategies that promote lung health**

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- Offered through: The Unitarian Universalist Congregation Shelter Rock **via Zoom**
 - When: **Wednesdays at 9:30-10:30 AM on Jan 17, 24, & 31, Feb 7, 14**
 - Fee: **\$108 for the series, \$72 for UU members**
 - For questions: **Contact Dr. Fern here: <https://embracinglifewithdrfern.com/contact-1> or call 516-621-0316 or contact UU's Jamie Walowitz at 516-472-2943**
 - To register: Register online here: <https://embracinglifewithdrfern.com/classes> or call Dr. Fern at **516-621-0316**. For UU members, please contact Dr. Fern or Jamie to receive discounted fee.

Dr. Fern is a retired health practitioner who has thoroughly enjoyed her work as a holistic chiropractor and a functional medicine practitioner. Drawing from her many years of studying Eastern and Western healing modalities, along with 35 years of clinical experience, Dr. Fern offers dynamic wellness classes such as Building a Better Brain for a Better Life and her long running Qi Gong classes. As a Certified Life Coach who utilizes a holistic, integrative approach to well-being, Dr. Fern is honored to be supporting others wishing to live a more enriching and meaningful life.