



Are you really breathing?

with BreathLogic teacher Karyn Fulton CYT, CHTP

September 10, 2019, 3:00 p.m.

Oak Meadows Senior Living-Community Room

ALL are invited! We are excited to offer this class, during Wellness Week, to the Oak Meadows tenants, family members, volunteers, anyone who wants to attend!!

Learn breathing practices that will help you to:

- ease pain
- enhance sleep
- handle stress

You will learn simple techniques that are free and easy to use.

BIO: Karyn Fulton CYT, CHTP is a Certified Yoga Teacher, Healing Touch Practitioner, Breath Literacy teacher and BreathLogic board member.

Karyn states: “Intentional breathing practices reduce pain, stress and anxiety and increase energy and positivity!”

** **BreathLogic**[®] Inc is a 501C(3) nonprofit organization dedicated to providing local / global Breath Literacy and methodology that promotes brain function, stress reduction, optimal performance, and enhanced health/wellbeing.*