

The Art of Breathing

“The breath of life”
For Health, Relaxation & Meditation

With
Chris Wood
of **Healing Solutions**

Kikodo Clinic is hosting a half day workshop for people of all abilities to learn and experience the art of breathing for health, relaxation and meditation. You don't need any experience in the subject just an interest and desire to relax, let go of life's stresses, empower yourself and follow a path to creating peace calm and serenity in your daily life. Relaxation & meditation can be highly beneficial in reducing your stress & anxiety, whether it's at home, at work, or in any other area of your life.

With so much to do in our daily lives relaxing and letting go may often take a back seat. That means you may miss out on the many and varied health benefits relaxation can offer. Learning and practicing simple, powerful techniques can greatly improve how you physically mentally & emotionally respond to life!

The workshop will explore all the elements you need to put you on the road to regaining control of your life.

Essential Workshop Information

- **Workshop Date**
Sunday 12th July 2009
10.00am to 2.00pm
- **Workshop Venue**
Kikodo Clinic
“At the Edutherapy Centre”
Warren Farm Properties
Main Road
Sundridge
Sevenoaks, Kent, TN14 6EE
- **Workshop fee**
£40.00
Cash or cheque (cheques made payable to C.Wood)
- **To book your workshop place**
Call: **01622 600273 / 07956624266**
Email: chris@healingsolutions.org.uk
Or: info@kikodo.co.uk

Workshop content:

- ★ *How to breathe correctly and effectively*
- ★ *Energy boosting techniques*
- ★ *Balancing your emotions*
- ★ *Using your powers of creative visualisation*
- ★ *Guided relaxation/meditation*
- ★ *Recognising stress and how to combat it*

Some of the benefits of breathing correctly and effectively:

- ★ *Better sleep*
- ★ *More energy*
- ★ *Less muscle tension*
- ★ *More self confidence*
- ★ *Enhanced concentration*
- ★ *Less headaches and pain*
- ★ *Better problem-solving abilities*
- ★ *Calmer emotions, less anger, anxiety, frustration & fear*