



MEDITATION & BREATHWORK (AR)

- Breathwork is focused breathing techniques to change your breathing pattern to aid in mental, physical, and spiritual well-being. Breathwork will promote focused body awareness which in turn will reduce stress, pain, and help release feelings of anger. Combining focused breathwork with meditation will produce a deeper state of relaxation and a tranquil mind, eliminating the crowded thoughts that may be causing stress.



Benefits of Meditation & Breathworks include:

- ✓ Balanced blood pressure.
- ✓ Increased REM time in sleep.
- ✓ Reduction of PTSD and feelings of trauma.
- ✓ Stronger respiratory function.
- ✓ Better immune system.
- ✓ Release of stress hormones from your body.

Who can attend this class?

- ✓ Male & Female
- ✓ 16+ Suitable for elderly
- ✓ All levels
- ✓ Language: Arabic

Reserve your class

95502801

For more information
visit our website
www.fshnkuwait.org

