



Yoga Breathing Workshop

Relieve Stress, Balance Energy, Improve Sleep

Yoga breathing is a safe and natural way to quickly affect your autonomic nervous system. Many parents of different wired kids are under a lot of stress and juggling many things at once. This leaves us feeling wired but tired, imbalanced, and frazzled. Yoga breathing offers many of the same benefits as meditation, but is easier to learn, can be practiced anywhere, and the results are very predictable.

Benefits of Yoga Breathing

- Relieve stress
- Reduce anxiety
- Improve mental focus
- Boost digestion
- Improve sleep
- Balance your energy

Here's What You'll Learn

- Balance Breathing - to balance your nerves, and steady your mood any time.
- Calm Breathing - to relieve stress and anxiety, and to sleep better
- Energy Breathing - to wake up, prepare for exercise, and naturally energize

Yoga breathing has been practiced for thousands of years, but this modern approach demystifies the practices and focuses on real-world science and results. Specially designed by and for parents who have neurodivergent kids. No experience necessary. These practices are accessible to everyone.

When: Thursdays: October 29, November 5, November 12, November 19; 7:00-8:00 p.m. ET

Where: Zoom

Cost: \$49

Teacher: Amanda Levinson, RYT-200; YOGABODY Breathing Coach

Register: through Emerge Pediatric Therapy <https://www.emergepediatrictherapy.com/>