Healthy is Controlling Your Breath

Your breath is your remote control to your nervous system.

This month we'll focus on:

- Mastering nasal breathing techniques
- Using your diaphragm as your 'second heart'
- Implementing specific breathing protocols for different states
- Creating daily breathwork practices for stress reduction and energy optimization

October 23rd | 7:00 AM – 12:00 PM

Media Room

Offering Grip Strength, InBody Scan, Coaching, and Carespace AI - our new mobility assessment!

Scan the QR code to sign up!
Walk-ins are welcome.

STAY CONNECTED

Follow us on social media for more!

HEALTHY IS WELLNESS