



Breathwork Session

Julie Capozzi, M.Ed.

Certified Breathwork Practitioner, Reiki Master,

Associate Professor of Psychology

The Yoga Loft, Wilmington, MA

October 24@ 6:00 pm- 7:30 pm Fee \$35

Limited to 20, please sign up on the sheet in the studio. The session is for adults and teenagers. Bring your yoga mat, small pillow, water bottle, blanket, and wear loose clothing and come on down!!!



Restore natural breathing; return to peaceful body and mind connections; reduce stress; release toxins from the body. 70% of body toxins are released through proper breathing! Breathwork Therapy is a holistic alternative therapy working with your energy field which releases suppressed memories held in each cell from life challenges, trauma, and early childhood experiences.



The session will include a full breathwork exercise and how to breathe properly with a diaphragmatic breath, creating more vitality and inner healing! Prana, Chi has been studied throughout history bringing people to richer self-expressions. 90% of people breathe incorrectly and are vertical breathers which instantly creates stress and cortisol!!! Come learn how to create a soothing self-induced state of relaxation.