

Breathing for Health Revisited

**BACK BY POPULAR
DEMAND!**

Drawing knowledge from **Chinese medicine** and the martial arts of **Taijiquan** and **Systema**, you will learn how to combine breathing and movement in order to refresh the body, relax the mind, deal with injury, speed up healing, and improve your overall physical condition.

PEACEFUL WATER
HEALTH & FITNESS
1914 Colvin Blvd.
Tonawanda NY

716-525-8761
peacefulwaterhealth.com

No experience necessary.
Participants should feel
comfortable sitting and
lying down on the floor.

Single workshop is \$15
Entire series is \$35
(prepaid by Jan 21)

**BRING A FRIEND AND EACH
PERSON SAVES \$5!**

FLEXIBILITY & MOBILITY

Wednesday, January 21

6:00 - 7:30 PM

Coordinate breathing with simple movements to release tension and obtain lasting flexibility and joint mobility.

STRENGTH & MOVEMENT

Wednesday, February 25

6:00 - 7:30 PM

Build functional strength that help us move in everyday life with greater ease.

MASSAGE & SELF-HEALING

Wednesday, March 25

6:00 - 7:30 PM

Learn breathing exercises and self massage to heal old injuries and promote better health.



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