

# **Breath: Yogic elixir**

## **A workshop for the nervous system**

With Amber

November 3<sup>rd</sup>, 1.00-3.00

This workshop shall focus on creating space to allow for a deeper breath. Restrictions in the chest cavity and ribcage are not the only difficulties when it comes to breathing easily.

The solar plexus in the mid torso houses the biggest bundle of nerves in the body and is impacted severely by stress. Learning to untangle the knots of anxiety in the lower ribcage is a sure way to begin to breathe easily as we free up the lower lobes of the lungs, creating space inside.

The abdomen is also a recipient of unresolved tension that through slow and intelligent movement can begin to unfurl, restoring energy levels and casting off fatigue.

The workshop is open to all levels of experience though some knowledge of yoga anatomy is useful.

Date: Saturday November 3<sup>rd</sup>

Time: 1.00-3.00

Cost: £20

[Booking here](#)

