

HUMANUAL presents

Infinity Breath

TRAUMA INFORMED

Breath is freely given. Air flows in and out as seamlessly as the rain falls, without notice, or effort. Breath is a strong wind or a gentle breeze depending on the inner and outer thoughts, feelings, ideas, and perceptions. There are certain anatomical facts about how the respiratory system functions optimally, and there is the reality of how my emotions tell me I need to breathe now. We will be fascinated with both by staying with what is already there and also trying on many different breathing explorations. Join us to bathe in the awareness of breath and the power of life from the heavens and earth.

Breathing with Betsy Polatin

March 11th and 18th on Zoom

12:00 - 3:00pm ET - \$250

HUMANUAL.com to register