

# Nurturing Yourself to Health

**A Workshop on Breath, Movement, and the Nervous System,  
with Robert Litman**

**Saturday 25th & Sunday 26th April 2009**

Yogasara Studio,  
12 Picton Street  
Montpelier  
Bristol BS6 5QA

**How we breathe** has a profound effect on our health and thus on our ability to cope with stress.

We all know that physical and emotional stress can upset our breathing, but we may not realize that the reverse is true.:

**There is no secret to proper breathing -- it is the most natural thing in the world.**

**Yet in years of trying to go through life at ever increasing speeds, we have neglected this most basic process.**

**Many of us don't know what normal breathing feels like, let alone how to make it happen.**

**Self-nurturing begins when we settle ourselves, slowing our breathing.**

**This improves the supply of oxygen to our cells, supporting and regulating almost every system in the body.**

**This workshop focuses on restoring the free flow of breath into and out of the body's container.**

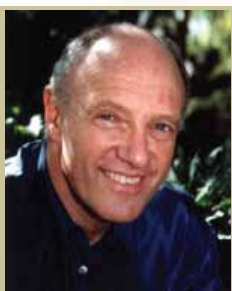
**We investigate the anatomy and physiology of respiration, using many examples to illustrate the basic scientific principles.**

**Then, through guided meditation and movement, we learn to observe and respond to the fluid motions of breath occurring continuously throughout the body.**

**Ultimately, each of us has an opportunity to develop a personal relationship with our own breathing — to listen to it, be responsive to it, and to recognize it as our closest life-time companion.**

***This is the true meaning of nurturing yourself to health.***

**All levels of experience are invited, and welcome in this workshop.**



**Robert Litman** has been working in the field of health since 1988 and has been teaching Continuum internationally for 16 years. He also teaches the Buteyko Institute Method of Breathing Retraining helping people with asthma, allergies, fibromyalgia and chronic fatigue. He has a private practice in Tucson, Arizona.

## **BOOKING INFORMATION**

Saturday 25th April 12.00 pm—6.00 pm

Sunday 26th April 10.00 am—4.00 pm

**For further information**, please call Christine on 0117 9246581 or email [christinelunt@talktalk.net](mailto:christinelunt@talktalk.net)

**Cost: £150** (£130 if paid in full by 1st March 2009) **Deposit: £50**

Cheques made payable to Christine J Lunt

Please send to 63 Howard Road, Westbury Park, Bristol BS6 7UX

## **Please bring with you:**

Blanket(s), pillows or anything you need to be comfortable for working on the floor

Any food you might require—we will provide hot drinks and water—there will be short breaks for refreshments