

Breathing: The Gateway to Health and Well-Being

The L Breathing Technique
Laurence Brock, DSS

A simple and unique method that creates health and well-being

L Breathing enhances “taking a breath” to increase your vitality and joy



It is common knowledge that breathing helps **manage pain** and relaxes the body, mind and emotions. Even in the schoolyard and playground you hear mothers tell their children to breathe after a fall. Yoga and other ancient disciplines have used breathing as a method of **spiritual awareness**, relaxation and **physical enhancement** for centuries. Scientific studies show the benefits of breathing in **increasing brain function and athletic performance**, **better sleep, reducing stress, weight loss** and **recovering** physically, emotionally and mentally.

Each person will experience the L Breathing technique and learn how to integrate this wonderful effective tool into their daily life.

Learn to eliminate pain, release unwanted thoughts and emotions and increase mental focus and joy

Everyone attending will receive a private L Breathing session with Dr Brock and the L Breathing e-handbook.

Love donation of 10 dollars is suggested all proceeds will go to Unity by the Shore.

7/17/16 12:30 At Unity by the Shore

