

# *Taoist Longevity Breathing Workshop*

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Join us for the first time as we present a special 2-day workshop in Taoist Longevity Breathing



**JUNE 16th & 23rd  
7 - 9 PM  
\$60 for 2-day workshop  
(\$35 for first day only)**

## **The Benefits of Longevity Breathing:**

- Increases breathing capacity
- Relaxes the nervous system
- Improves mental concentration and physical stamina
- Calms the emotions
- Massages, cleanses and strengthens the internal organs
- Releases the spine

## **Transformational benefits of longevity breathing**

Longevity breathing goes beyond increasing oxygen capacity. Longevity breathing will help you rejuvenate and supercharge not only your lungs but also all your internal organs. It improves circulation, increases performance and reduces stress. It helps you cope with fear and anger. Longevity breathing can help alleviate cardiopulmonary problems, emphysema and asthma. It cultivates the ability to relax at any time and concentrate on what you are doing for long periods without becoming distracted. It improves mental focus and critical thinking skills. It helps you to get all the internal and external parts of your body to physically move in sync.

## **The Taoist Studies Group**

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## **The Awareness center**

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