



Length: 60-90min

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorial.

Details: The trouble with stress . . . it's all in our heads.

Well, and our brains. Technically, it's created in the mind/body/brain. It's a psychological, physiological and biochemical response to our thoughts, feelings and emotions.

Chronic stress and burnout negatively affect the parts of the brain responsible for self-regulation and the on/off switch from sympathetic (SNS) to parasympathetic (PNS) affecting our ability to be physically and psychologically "resilient".

Therapeutic yoga breathing is arguably the most comprehensive approach we have to reducing stress and building physical & psychological resiliency.

Breathing IS the regulator for the Autonomic Nervous System.

Breathwork is the "regulation of breath to produce specific results. In this case, stress reduction.

Learning Objectives

- Understand the difference between the nasal cycles and nasal channels
- Understand breath rates and patterns required for relaxation response
- Breath techniques to reduce stress and anxiety

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.