



# Just Breathe

Friday, November 18th

7:00-9:00pm

\$25 preregister by Nov. 12th

\$35 at the door

All Levels Welcome! We will move through gentle and restorative postures while studying in depth breathing techniques to enhance concentration, lung capacity and efficiency and to help bring tranquility to the body and mind. A fabulous precursor to meditation practices of which we will touch upon to round out the session. Dharma's teachings are humbly offered in honor of her beloved teacher, Chandra Om. For more information on Dharma, visit [www.dharmarichards.com](http://www.dharmarichards.com) or [www.yogagardennc.com](http://www.yogagardennc.com). Om Shanti.

**Preregister at [www.yogacenterofcapecod.com](http://www.yogacenterofcapecod.com)**

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