



Take A Deep Breath

DEEPEN YOUR KNOWLEDGE AND SKILL OF BREATHING

Learn the anatomy, mechanics and physiology of breathing
along with techniques to support improved health!

DISCUSSION

At the YMCA

Tuesdays | Oct 27 – Nov 17

3:30–4:15pm

GROUP PRACTICE

At home on Zoom

Thursdays | Oct 29 – Nov 19

8:00–8:15pm

Facility Member: \$69 | Program Member: \$76 | Non-Member: \$83

Sign Up at Member Services
or with this QR Code:



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