

# BREATHE WELL TO BE WELL

## Daily Breathwork & Meditation Sessions:

18 - 24 SEPTEMBER 2023 | 12-12:35 PM & 7-7:35PM

Reduce stress and anxiety, increase emotional and mental fitness and gain deeper rest.

Register: <https://bit.ly/breathewelltobewell>



0508 ART OF LIVING



[www.artofliving.org.nz](http://www.artofliving.org.nz)



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