



Find your life
in every breath

Better Breathing

A workshop with Brenda Stickley

The Workshop

This 4-hour workshop is for anyone who would like to understand more about the act of breathing - both theory and practice. Better breathing produces higher levels of energy and creativity, improved sports performance, reduces stress and improves pain and general management of many health conditions. Experience for yourself the positive effect better breathing can make. Helpful for asthmatics, and anxious and shallow breathers.

Easy to follow take-home notes will help you remember everything you learn at this workshop. Wear comfortable clothes.

Date and Location

Saturday 24 November 9am – 1pm

Linden Social Centre, 10 Linden Ave, Linden.

Book Now

Book online at www.getmovingwithbrenda.co.nz
Bookings essential. Payment confirms your place.

Cost \$95

No refunds, simply choose another date. Pay online to 12-3223-0077228-00 or cash/cheque by arrangement.

Email enquiries to getmoving@xtra.co.nz
or call 04 232 9364.



The Teacher

Brenda Stickley, Certified Feldenkrais® Practitioner, Yoga Instructor and 20+ years nursing and nursing education will lead you through every step of the workshop. Brenda provides a sensitive, safe and relaxed environment to support your learning - plus a scrummy morning tea.

*Learn how to
make the most
of your*

30,000

breaths a day