



EARTH FLOW + FIRE / hot yoga
EARTH CANDY / juice bar

&



GOOD HEARTH
EASTERN MEDICAL ARTS

The New Year/New You – A month-long series

Session #4 : Control Your Breath And You Can Control Your Health

Saturday, January 26, 2:00-4:00pm

Leslie Fillnow owner of earth Flow + Fire and Earth Candy is partnering with Tobey Williamson of the Good Hearth, Eastern Medical Arts, to start off the New Year with a Healthy January lecture series aimed at giving attendees new skills to add to their “Wellness Tool Box.” The Fourth lecture of the Series is titled: Control your Breath and you can control your health.

Want to learn simple, natural methods to become calmer, overcome stress, boost energy, focus your mind, enhance physical fitness, sleep peacefully, and feel closer to those you love?

We will teach you core breathing techniques, explain how they work, and show you how to use them to meet improve your overall health. Studies show that by changing the patterns of breathing it is possible to restore balance to stress response systems, calm an agitated mind, relieve symptoms of anxiety and post-traumatic stress disorder (PTSD), improve physical health and endurance, elevate performance, and enhance relationships.

What do Mahatma Gandhi, the martial artist Bruce Lee, Buddhist meditators, Christian monks, and Russian Special Forces have in common? They all used breathing to enhance their physical, mental and spiritual well-being. Come learn Coherent Breathing and 3 other breathing techniques that you can begin practicing daily and add this powerful bit of knowledge to your Wellness Tool Box.

“Fear is excitement without the breath.” — *Fritz Perls* - German Psychiatrist
Presentation will be given by Leslie F. Fillnow.



Leslie Fillnow

BS, MBA, RYT500, OHYA

Earth Flow + Fire and Earth Candy is a community-driven studio founded on the belief that taking the time to strengthen and nourish your mind, heart, body, and soul allows you to be the self you are intended to be. They are committed to creating a safe, inclusive space where everyone is welcome. Cost per lecture/event is \$15.⁰⁰. Reservations required.

**To reserve your
space, please call
Earth Candy and
Earth Flow and Fire
at: 207.593.8269**