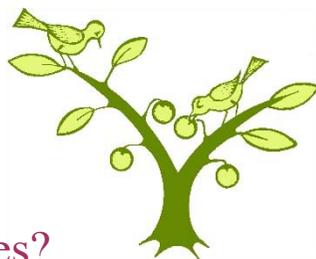


Breath 4 Health

Zoom classes with Yoga Therapist
Michael Hutchinson



Having Breathing Difficulties?

If you have issues related to breathing, are getting some help from the NHS – **good** – but want to do more to manage your own condition – help is at hand.

If you suffer from any of these:

Asthma

COPD

Long Covid

Panic Attacks

plus the anxieties we can't help feeling as a result, I know simple Yoga techniques that can help you.

By joining a dedicated Zoom class, you can learn discreetly at home with **no outside pressures**.

From someone who attended my previous series:

"... thank you so much for your excellent breathing classes. I have now incorporated the exercises into my daily yoga routine. I can't believe that having practiced yoga most of my adult life I have paid so little attention to breathing. I was diagnosed as a mild asthmatic decades ago and my wheeze has now gone!" (Vicky T)

Interested?

Why come to me?



I have 35 years' experience of teaching Yoga breathing, supported by my own daily breathing exercises and extensive reading into the growing modern understanding of the breath. **Not all Yoga schools are the same**; I was trained in methods which **since 1976** have been used to teach remedial breath-work to many thousands of people in India and are now available in the UK.

I'm starting another 7 weeks of remedial breathing classes on Zoom at 9am on Tuesdays, as soon as I can recruit 10 people. All I am asking is £15 for the whole 7 weeks, **so long as you keep up a few minutes' exercises every day**.

If you'd like to join, please contact me, either by email twobirdsyoga@live.com or text/WhatsApp 07711941183

If you know anyone who might be interested, please pass this information on.

PLEASE NOTE: If you have a health issue related to your breathing and have NOT consulted your GP, please do so! Yoga Therapy is a **complementary discipline** and we do NOT claim to either diagnose or cure any medical condition.

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Complementary & Natural
Healthcare Council