

## **Life is Breathing – Gentle Treatment of the Chest**

In this course we will have a deeper look at both physical and psychosomatic causes of breathing difficulties. We will learn efficient techniques to release tensions and pain in the chest area in a gentle way on the edge between physical and energetic work in order to improve breathing and general life quality.

The techniques taught on this course have proven to be effective in treating different conditions which cause acute or chronic problems with breathing.

Breathing is a fundamental function of life and the quality of our breathing is reflecting our relationship with life. We all experience that once in a while when we have caught an infection of the airways. Breathing gets difficult and we quickly run low on energy which makes us tired and exhausted and we are not able to continue with our lives in the way we are used to. If those infections persist too long, happen too often or are too severe they even can cause chronic troubles with breathing, causing a notable reduction of our general life quality.

On the other hand, there are less obvious causes for reduced breathing quality. Certain physical and emotional traumas often have a negative long-term effect on our general breathing quality without us being necessarily aware of it. Every event which – even just for a very short time – makes it difficult or even impossible for us to breathe, we of course must feel as something which is threatening our lives, since we cannot survive without breathing. Those events typically have a severe impact on both our bodies and minds and leave traces which affect our lives on a deep level.

The course will consist of:

- Teachings and discussions of the ways in which physical and psychological impacts influence our breathing.
- Teaching and practical "hands on" training of the basic tools in Gentle Treatment: Rosenberg Technique and Tensegrity.
- Practical "hands on" training of specific gentle techniques for releasing tensions and pain in the chest area in order to improve breathing function and overall wellbeing.

Comprehensive teaching material will be provided as PDF file which is designed to make sure that the student can follow the course step by step without any previous knowledge of body treatment and use it as a manual in her/his practice later on. The teaching material is included in the price for the course.

The course is open to all who are interested in this topic and in working with the body in general.

Those who have no or only little prior experience will get some great tools to get started in working with the body in an efficient and safe way. Those, who already are trained in whatever kind of body treatment will surely enhance their ways of seeing the body and ways of working with it, which will be to the benefit of their practice.

Time:

Friday 12 to 7 PM

Saturday/Sunday 10 to 6 PM

Place:

[Dayal - Regenerační Studio](#), Prague 2

Fee:

5500 CZK if you register before May 14th (deposit of 1800 CZK required for the reservation).

After that date 6300 CZK.