



Free 'Take Care of Yourself' Retreats!

'How Breathing Affects my Health'

Developing Interest and Curiosity

Sunday 13 October 2019, 9am – 12pm

Saturday 9 May 2020, 1pm – 4pm

Eukey Community Hall, Eukey Road

Breathing affects your brain and your blood, how well you recover from illness, injury and your energy levels.

- Breathing exercises to improve sleep quality
- Breathing to move well
- Breathing for endurance
- Breathing exercises for specific conditions e.g. asthma, allergies, anxiety, heart problems
- Scientific information about the respiratory system explained

Brought to you in
conjunction with:



Stay for a chat and a cuppa

**Suitable for men & women over 18
years living in the drought affected
areas of the Granite Belt & Traprock.**

All welcome!

This program has been made possible by funding from the Darling Downs and West Moreton PHN

LINDA RAGO is a registered yoga and shiatsu practitioner with specific qualifications in communication, integrated breathing practices, aged care and oriental healing therapies.

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