

ENDING ANXIETY

BREATHWORK WORKSHOP

Ending Anxiety is a one hour class that addresses the physiological cause of anxiety; and you will learn how to relax out of thinking with subtle breathing.

Light lecture, breathwork and Guided Meditation.

"All chronic pain, suffering, and diseases are caused by a lack of oxygen at the cell level."

-Dr. Arthur C. Guyton, M.D. author "The Textbook on Medical Physiology." World's Bestselling Physiology textbook

Ending Anxiety is a one hour class that addresses the physiological cause of anxiety: chronic subclinical hyperventilation, or more simply, breathing too much.

A racing mind, anxious thoughts and rumination are all caused by the random, uncontrolled firing of neurons in the brain due to lack of oxygen, caused by breathing too much.

"Hyperventilation leads to spontaneous and asynchronous firing of cortical neurons" - Huttunen et. Al (1999)

These spontaneous and asynchronous firings of cortical neurons cause "self-generated" thoughts, which is to say thinking that arise automatically and cannot be controlled. The properly oxygenated brain on the other hand is automatically aware and mindful.

"The brain, by regulating breathing, controls its own excitability" - Balestrino & Somjen (1988)

In this class we will learn why many of us breathe too much and how to reverse the process by retraining the respiratory centers in our brain so that we can choose to relax out of thinking and into the bare awareness that is our natural state, whenever we want.



Current Wellness

219 S. East St. Raleigh, NC

Sat., May 25th

2pm

FREE

Located at Current Wellness in Raleigh, NC.

Yoga mats will be provide. Feel free to bring blanket or bolster if desired. Dress comfortably as you will be laying down for a 15 minute guided meditation.



With Michael Jorge, certified Buteyko Method Coach.

register online at www.truebreathing.org

