

Breathing and Nurturing Yourself to Health

Berkeley, California August 27-30, 2009

Many of us do not know what normal breathing feels like, let alone how to make it happen. Self-nurturing begins when we settle ourselves, slowing our breathing and improving the supply of oxygen to our cells, supporting and regulating almost every system in the body.

Our breath patterns and the signature of our nervous system go hand and hand. They often carry the weight of past experiences. We may know them more through mental and emotional afflictions that revisit us in times of stress. At a physical level, these are patterned into our responses through internal shapes, restrictions, tensions and broken connections which rob us of more dynamic and resourced responses to new situations.

This workshop focuses on restoring the free flow of breath. Using the fluid elements of Continuum Movement, breath, sensation, attention and sound we learn how to create an internal environment that is conducive to health and to dissolution of old constraints. Ultimately, each of us has an opportunity to develop a personal relationship with the movements of our breath, enhancing our perceptions of the connection between our inner world and outer environment. This is the true meaning of breathing and nurturing yourself to health.

All levels of experience are invited, and welcome in this workshop.



Gael Ohlgren's passion for the somatic inquiry into life and healing began at Esalen in 1967 where she met Ida Rolf. From 1978-1997 she was part of the Rolf Institute Faculty and help design the first Rolfing Movement Trainings. At this time, she maintains a private practice and teaches Continuum.



Robert Litman is the creator of the Breathable Body and on the faculty of Continuum Movement. A certified teacher of Buteyko Breathing Retraining, he helps people with disorders such as asthma, anxiety, allergies, sleep apnea, snoring, fibromyalgia and chronic fatigue syndrome. Robert teaches internationally and maintains a private practice in Tucson, Arizona

Location: Berkeley, California. The Rosen Method Center, 825 Bancroft Way

Cost: \$425 early bird rate with registration before July 15, \$450 after \$100 deposit required to hold your reservation. Balance due by Aug. 15, 2009.

Hours: Thursday – Saturday noon – 6 pm, Sunday noon – 5 pm.

For more information and registration, contact:

Robert Litman, 520.975.1502, robert@thebreathablebody.com,
2101 N. Treat Ave, Tucson, AZ 85716

For more information on:

Gael Ohlgren, www.gaelohlgren.com

Robert Litman, www.thebreathablebody.com or www.asthmafreearizona.com

Continuum Movement, www.continuummovement.com

The Buteyko Institute Method of Breathing Retraining, www.buteyko.info