

# Live for Today ...Breathe for Life

A MID-WEEK  
MINDFULNESS AND BREATHING COURSE

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*from marilynyoga*

Mind & Breath  
**THEY ARE PRETTY ESSENTIAL**

Well, you knew that anyway.  
But you may not be aware that  
there is only  
ONE PERCENT DIFFERENCE  
in DNA composition between us and  
our closest mammal relatives  
on planet Earth  
MUCH OF THAT DIFFERENCE  
is

**OUR MIND**

And what we do with it?

We can use it to enrich our life or  
we can use it just to get ourselves through.

Our mind is what makes us who we are,  
It makes us choose to either live in peace and  
harmony or fight wars and kill each other.

It is up to us – Our Choice  
So let's harness it's amazing strengths to  
**ENRICH OUR OWN LIFE RIGHT NOW**

(That's a great place to start)

ANOTHER THING WE CAN IMPROVE  
is

**OUR BREATH**

And how we handle it.

We often find that we are simply  
gulping in air in the gaps between what  
we are doing at the time.

A big part of Yoga is learning to breathe in a  
way that enhances our practice, our postures  
and our relaxation techniques.

The logical extension of that is to use those  
benefits all the time, throughout our daily life.

**THIS COURSE WILL TEACH US  
HOW TO ENHANCE BOTH OF  
THESE RIGHT NOW**

**This course draws together the two most powerful aspects of our self.  
Using them will change your life, for the better, forever.  
Just eight weeks which can lead you to happiness freedom and peace.**

Ask yourself:

'Are you having a good day, enjoying the here and now,  
appreciating all that you have?'

OR

'Are you stressed, anxious and worrying about the future?'

If you want to feel better, reduce anxiety and learn how to handle anger,  
grief, stress or pain this eight-week course could be exactly  
what will help you.

It will give you the tools, tactics, strategies and even a 'master plan' to do  
just that. It will be eight weeks with discussion, handouts to take home,  
practise and on-going support. We will use mindfulness techniques, yoga  
breathing practises, meditation and relaxation.

At the close of the last evening, we will join together in a celebration meal  
with the Limekiln Cafe's famous Buddha Bowls on our menu.

A delightfully social way to finish this series of life-enriching sessions.

It is easy to become involved...

Take eight short spots on Wednesday evenings,  
just two hours in a group of lovely people.

By sharing this time, you will feel the difference week by week  
(and so will the people around you).

We can't change life itself, but we can change our own self and the way we  
look at things. We can develop the power within us to see the world as a  
place of beauty, make positive interaction with others  
and develop kindness and love.

No previous previous experience in these areas is necessary, and you can  
also come along if you are already meditating,  
it will only enhance your experience.

Age does not matter, the right time to be involved is now.  
Because it is natural that we perhaps fade from our commitment over time,  
after the course finishes there will be after care and on-going support,  
This is a true investment in your self and your life.

**Dates: April 3rd, 10th, 17th, 24th. May 1st, 8th, 15th, 22nd.**

**From 7pm till 9pm**

**Venue: Denshaw Village Hall**

**Cost: £215.00**

A £60 deposit is required to secure a place.  
The balance is to be paid in full before the course begins  
(or at the latest, on the first evening).