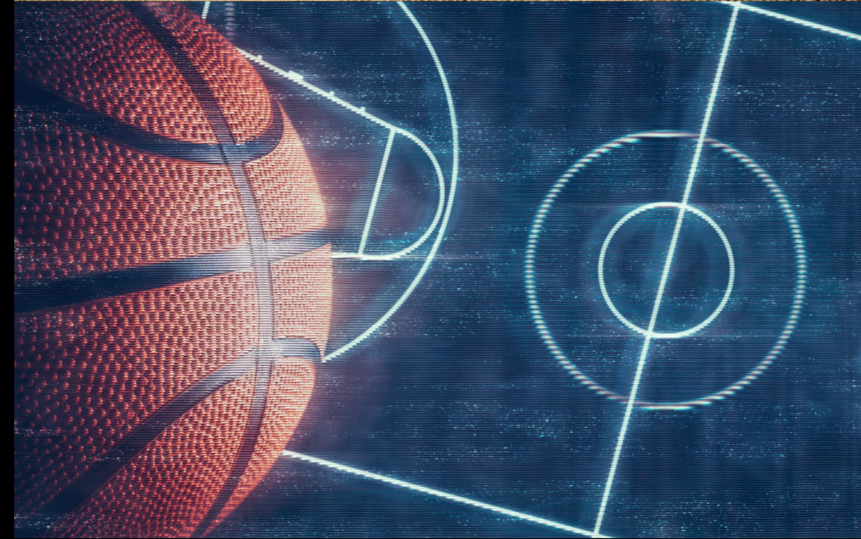


Mind Body Recover Intro class

Wednesday June 23rd, 2023
5:30pm-6:30pm
Combining simple restorative
stretches, Sophrology &
Buteyko/OA Breathing Method.
For a Calm, Alert Mind &
Relaxed Body



02



Sophrology

A method using Eastern Philosophy and Western Science

Sophrology combines deeply relaxing mind-body practices, such as dynamic relaxation, breathing, visualisations and auto-genetic training (AT is a technique that teaches your body to respond to your verbal commands. Commands can tell your body to relax, and control breathing, heartbeat, temperature. AT in Sophrology helps to reduce stress in performance pressure moments) all practices in Sophrology help to stimulate cognitive functions and vitality.

The combination of physical and mental techniques promotes wellbeing and harmony through awareness of the relationship between the Mind and Body. Enabling you to recognise your behaviours discover your inner resources and strengths.

Benefits of Sophrology

Sophrology exercises reinforce and strengthen mind, body and spirit improving both physical and mental health. Many people find that sophrology positively impacts all areas of their lives.



After practicing sophrology, people generally experience: more restful sleep, improved concentration, fewer worries, increased self-confidence, and a feeling of inner happiness.

- Key Benefits
- Concentration
- Memory
- Physical health
- Emotional health
- Decision making
- Sense of well-being
- Performance
- Self-confidence

- Areas of Application
- Everyday life
- Competitive sport
- Performance anxiety
- Business
- Relationships
- Exam preparation
- Presentation skills
- Team management
- Childbirth



Buteyko Breathing Method

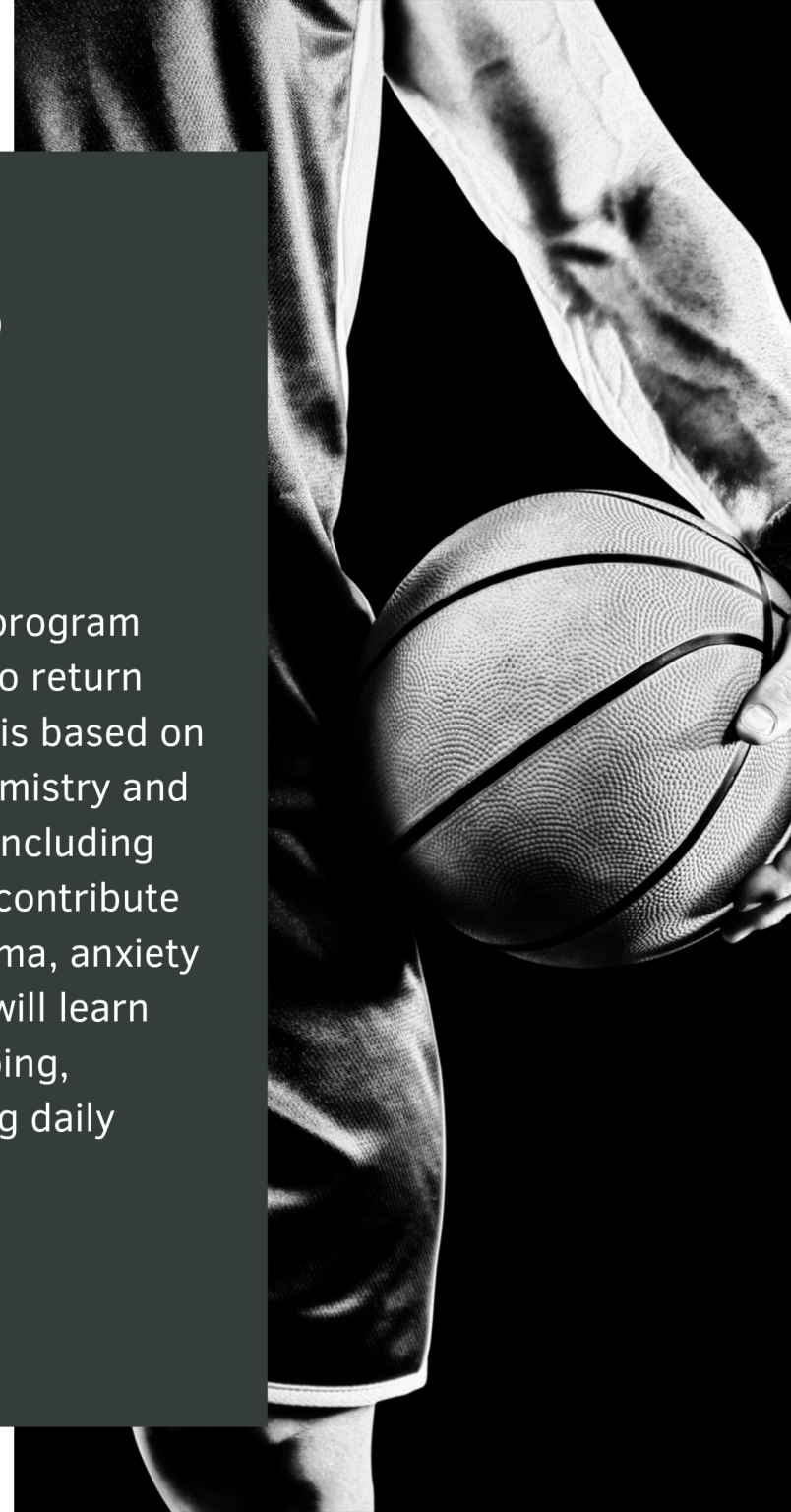
Named after Russian medical researcher Konstantin Buteyko, Buteyko Breathing is essentially, breathing retraining. Most people assume their breathing must be fine because they are still alive. However, dysfunctional breathing has a huge impact on your health.

Breathing through the mouth, heavy breathing, and frequent sighing or sniffing, result in stress, fatigue, respiratory complaints, poor concentration and disrupted sleep with snoring, brain fog and a number of other complaints. Correcting breathing volume results in better oxygenation of all organs and systems leading to significant improvement of many modern conditions such as: allergies, asthma, anxiety, stress, a racing mind, chronic bronchitis, chronic obstructive pulmonary disease (COPD), emphysema, hay fever, rhinitis, high blood pressure, panic attacks, pulmonary fibrosis, sinusitis, snoring, sleep apnea, disrupted sleep, fatigue, coughing, wheezing, breathlessness and loss of smell.



More on Buteyko Breathing

The Buteyko Method is a health education program involving breathing retraining techniques, to return breathing to normal physiological levels. It is based on principles of respiratory physiology, biochemistry and physics. Dysfunctional breathing patterns, including hyperventilation, are characteristic in, and contribute to several health conditions, including asthma, anxiety and sleep disorders. Program participants will learn how to breathe correctly at rest when sleeping, exercising, speaking, eating, and performing daily activities for optimal health.



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Benefits include:

- Improvement in quality of life
- Increased stamina and energy
- Improved ability to exercise
- Enhanced sports performance
- Improved ability to cope with stress
- Improved quality of sleep
- Reduction in snoring
- Improvement in sleep quality and tiredness for people with sleep apnoea
- Reduced nasal congestion
- Reduction in hay fever symptoms
- Reduction in asthma symptoms
- Improved tolerance of asthma triggers
- Reduction in allergic reactions
- Reduction in anxiety or panic attacks
- Less susceptibility to colds and flu
- Fewer headaches

Mind, Body & Recover Intro Class

Date: Wednesday 23rd
June, 2023

Time: 5:30pm -
6:30pm

Location:
Monty Function
Room

Cost: \$25

Limited spaces



Classes designed for anyone over 13+. Special focus on athletic performance mind and body recovery but the techniques taught can apply to all participants.

Please bring yoga mat (some will be available at venue), pillow/yoga block/blanket if required.