

*kaia yoga presents*

# learn to breathe: heal yourself and your relationships



*with  
max strom*



## learn to breathe, to heal yourself & your relationships

How does the way we breathe affect our stress level, quality of sleep, depression, and even our relationships? Breath penetrates, breath invigorates, and breath heals. This class begins with a lecture then moves into simple but profound breathing exercises, and gentle movement. The effect of these done in sequence can lead to profound release and calm. Other benefits include increased energy and mental clarity. Once people have experienced the power of their own breath, they understand why it is called Life Force. Class will include a lecture, breathing exercises, very gentle breath-initiated movement, and meditation. Appropriate for all levels.

Thursday April 15th  
7:00pm – 9:00pm  
Greenwich West

\$35 pre registration  
\$45 at the door

### max strom



Born with severe clubbed feet, Max Strom spent much of the first six years of his life with his feet confined in plaster casts and braces. Today, he is known for inspiring and impacting the lives of his students and has become one of the most respected teachers of personal transformation and yoga worldwide, guiding his students to grow into happier, healthier, and empowered human beings. He has taught tens of thousands of students, and trained several hundred teachers. He is the author of the new book, *A Life Worth Breathing*, (Skyhorse, 2010), and you can see more of his work on his DVDs, *Learn to Breathe, to heal yourself and your relationships*, and, *Max Strom Yoga – Strength, Grace, Healing*. [maxstrom.com](http://maxstrom.com)



**life more pure.**

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