

OPEN HOUSE

Wednesday Sept. 25th and Saturday Oct. 5th 10 a.m. to 3 p.m.

Learn about a self-help, drug-free, science-based program designed to overcome breathing difficulties including asthma, allergies, snoring, sleep apnea, anxiousness and stress.

10 a.m. - How To Prevent Dysfunctional Breathing in Babies and Young Children: Tips to Make Sure They Stay Nose Breathers

11 a.m. - How Breathing Retraining Can Reduce Snoring

12 noon - How Breathing Retraining Can Control and Reduce Symptoms of Asthma and Allergies

1 p.m. - How Breathing Retraining Can Calm Anxiousness and Stress

2 p.m. - Chronic Hidden Hyperventilation: The Unrecognized Issue Contributing to Many Respiratory, Nervous and Sleep conditions.

We look forward to seeing you!

Breathing classes, coaching and other services from Breathing Retraining Center LLC are offered by teachers who are not licensed by the State of California as physicians or other healing-arts practitioners, unless otherwise noted. We offer alternative, nonmedical/psychological techniques, and our services are considered to be alternative or complementary to the healing arts that are licensed by the State of California.

Improve your breathing. Improve your health. Improve your life.



**Breathing
Retraining
Center** LLC

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