



Andrea Hill, LLMSW
Holistic Psychotherapy & Wellness Coaching
2340 East Stadium Blvd, Ste 8
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Wholehearted Breath

Breathing Meditation and Self-Care Class

You are cordially invited to participate in Wholehearted Breath, a beginner's class exploring self-love, self-compassion and breathing patterns. During each session, we will mindfully notice changes in conscious awareness, facilitating relaxation, concentration, personal insight, body awareness and physical/emotional release. This practice can be a transformative part of self-care for anyone and may be repeated as many times as you like.

Sundays 3:30 -5:00 p.m.
January 2019 - February 2019
Jan. 13th Feb. 10th
Jan. 27th Feb. 24th

Facilitator: Andrea Hill, LLMSW, Holistic Psychotherapist & Wellness Coach

Location: Woman Safe Health, 2340 East Stadium Blvd, Ste. 8.

Cost/Registration: \$120 paid in advance, by calling 734-477-5100

Questions? Call 734-477-5100 or email info@womansafehealth.com

This class is open to women, trans and gender nonconforming people. Please wear comfortable, stretchy clothes that you can move around and breath in. Bring three pillows, a blanket, water bottle and a comfortable mat to lie on. A limited number of mats are available. Please ask!

