



NICOLA CAROLI NATURAL BREATHING

NATURAL BREATHING ESSENTIALS

4 online sessions a 90 minutes

1. *Breath & Body*
2. *Breath & Posture*
3. *Breathing Mechanics*
4. *Breath & Connection*

BREATHING

Breathing is one of the most natural things we do. But what is it and most importantly what is it to you? How do you experience your breathing, your body, and how does breathing shape your communication with others and the world? And how does breathing actually work and how can I fully understand that and learn from it about life?

Experiencing and learning about breathing allows us to know ourselves on a deeper level, to understand ourselves, and to connect with our inner and outer worlds and all living beings.

NATURAL BREATHING

Natural Breathing is a holistic body-mind-soul practice. Through touch and movement we experience breathing as it is rather than having ideas about how it should be or trying to produce a certain type of breathing.

„NATURAL BREATHING ESSENTIALS“

This course is an introduction to different aspects of breathing, such as posture or breathing anatomy or how we breathe in interaction. We explore these different aspects through creating awareness within our bodies through touch and movement. Throughout the course I will take you on a journey to experiencing and discovering your own breathing in a playful way.

I WOULD LOVE TO EXPLORE NATURAL BREATHING WITH YOU.

COURSE CONTENT

1. *Breath & Body*

The first session is about forming connections to our body as a vessel for breathing and as a physical place and a home. We build familiarity with our body through touch which connects us on a deeper level to ourselves. The breath too begins to flow naturally.

2. *Breath & Posture*

The second session progresses us into exploring breathing in everyday life - in positions such as lying down, sitting and standing. Our own posture is how we relate to the earth and the sky - where we exist physically, emotionally and mentally as beings on this planet. By forming awareness of our own posture we can also become aware of how our posture affects our breathing, and vice versa.

3. *Breathing Mechanics*

The third session takes us to a more muscular and biological level - focusing mostly on the diaphragm, our main breathing muscle. The diaphragm works for us without us having to consciously do anything. Breath flows through us naturally, we are being breathed, rather than the other way around. Through touch and movement we connect to our diaphragm and experience how our breathing changes depending on what we do. For example, we breathe differently when we jump up and down, as opposed to lying on the sofa.

4. *Breath is Connection*

The fourth and final session explores breathing as a mediator between spaces inside the body and spaces outside the body. In this workshop we experience these different spaces separately, together, and the transition between them.

COURSE FACILITATOR

NICOLA CAROLI

As a creative and highly-sensitive person, I have been exploring, studying and teaching breathing for over ten years. I'm a qualified Breath Teacher from the Institute of Breath Teaching in Berlin and the Professional School of Behavioural Sciences in the US.

COST

€120

DO YOU WANT TO CONNECT WITH YOUR BODY AND YOUR BREATH?

REGISTER HERE: HALLO@NICOLACAROLI.COM