



NICOLA CAROLI NATURAL BREATHING

NATURAL BREATHING TASTER

90 minutes online session

AN EXPERIENTIAL INTRODUCTION TO NATURAL BREATHING

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 „TASTER“

This is an introduction to Natural Breathing in which we create sensation and awareness within our bodies through touch and movement and experience and learn about the basics of breathing.

I would love for you to explore Natural Breathing together with me.

COURSE CONTENT

- *The body as a vessel for breathing*
- *Breathing through the nose*
- *Exploring the diaphragm, our main breathing muscle*
- *Breathing as three dimensional movement and vibration*

COST

30 Euro

COURSE INSTRUCTOR

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.

DO YOU WANT TO CONNECT WITH YOUR BODY AND YOUR BREATH?
REGISTER HERE: HALLO@NICOLACAROLI.COM.