

Bernadette Fyffe abstract

Breathing Techniques and Guided Relaxation Session

This session will give the Delegates an opportunity to totally relax, destress and refocus in a simple half-hour session.

It is primarily experiential, where different types of breathing techniques will be methodically presented and defined. Four specific practices will be used that relieve, very quickly, physical tension; decrease blood pressure; calm the metabolism; cleanse the lungs; help the brain to balance, the mind to focus and to energise and balance the entire system (attention will be drawn to the delegate's subjective response to each of these practices).

A natural time to follow these Breathing Techniques (known in Yogic terms as Pranayama), is a Guided Relaxation. The delegates will be gently led and encouraged to fully relax in safety, allowing an opportunity to experience and witness the workings of their own individual minds.

Finally, specifically for self-healing, we will follow with a brief Meditation.

My intention is that this session will demonstrate how incredibly effective, powerful and simple these techniques are, increasing understanding and the potential for application for both our own and our clients' well-being.