



BREATHE FOR WELLBEING

***Do you feel more anxious or lonely because of the pandemic?
Has your confidence been knocked because of lockdowns?***

Feeling low, sad, fearful, anxious, panicky, tired, or lonely are all normal responses to what the world has experienced in the last two years. And now, even reconnecting with the outside world can be a scary thought.

Breathing is not something you would usually think could help you recover from the pandemic. After all, breathing just happens, we don't need to think about it.

However, there are simple principles to breathing well that can transform your emotional and physical wellbeing.

Breathing well can help you to relax, reduce stress levels, let go of sadness and improve your sleep. It increases blood and oxygen flow to the brain, reduces blood pressure, and can even improve your posture.

About the course

This Breathe for Wellbeing course is for up to 15 people and will be delivered in a friendly, COVID-safe and supportive face to face environment over six weeks (two hours per week).

It's not a 'drop-in' course – we hope that you'll come each week for continuity as well as to create a little community.

Your tutor will guide you through different breathing exercises, helping you understand how you can use your breath to relax and feel energised. Don't worry, no previous experience is expected. The tutor is there to support you through your journey.

This course is completely free!

NCIM has been funded by St Monica's Trust to deliver it.

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Sign up for this course if....

- You worry regularly, experience anxiety or feel overwhelmed
- You're experiencing low mood or feel stuck
- You feel tired and want more energy
- You have trouble sleeping and can't turn your brain off
- You want to feel more centred / balanced
- You'd like to learn to meditate but don't know how
- You sense that you're not breathing as well as you can
- You want to 'get out of your head' and into your body

What to expect

The course will be delivered in person, in a Covid safe environment. There is no need to bring anything with you. You'll be sitting for most of the course but may also be invited to stand up and move around. If movement isn't easy for you, the tutor can adapt exercises for you.

You'll be invited to practice what you've learnt at home. Each week will build on what you've done in the previous weeks.

About the tutor: George Thompson

George Thompson is a filmmaker and breathwork teacher. His films on YouTube have been watched by millions all over the world. He has studied in China under his Tai Chi Master, Master. George is passionate about sharing breath practices in a down to earth, fun and accessible way. He hopes he can help you reconnect with your body so that you can find a more joyful and balanced way of being.

About NCIM

The National Centre for Integrative Medicine (NCIM) is a not-for-profit health and wellbeing organisation in Bristol that delivers healthcare services to individuals (e.g. nutrition, acupuncture, Holistic Doctor), wellbeing programmes in community settings (e.g. sleep, mindfulness, movement, breath) and accredited education and training for healthcare professionals.

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