



Join the Dunnville Community Lifespan Centre Workshop and Speaker Series

Category: Health and Wellness

Duration: 1 hour-1.5 hours

Workshop Title: How to Breath Behind a Mask

Date: March 15th 7pm

Brief Description: How we breathe is affected by many factors. Aside from a variety of doctrines describing the best way to breathe, how we see ourselves and how we perceive our interior structures will influence our health and the overall quality of our respiratory movements. This session will explore these concepts, experience them through an awareness through movement lesson, and give us the skills to breathe easier with a mask on.

This class will have an educational aspect, movement component, as well as a Q&A afterwards.

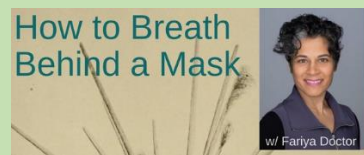
Mar 15, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/85769530491?pwd=NndpNE1wZytNcWdlRnBDblZrN3Y2dz09>

Meeting ID: 857 6953 0491

Passcode: 063476



Fariya Doctor is an experienced Registered Massage Therapist and a Guild Certified Feldenkrais Practitioner™. She has a Bachelor of Science degree at McMaster University (1990), a Massage Therapy Diploma at Sutherland-Chan Massage School (1993), with

certification in The Buteyko Breathing Method (2020). Fariya is an active member of the [Registered Massage Therapist Association of Ontario](#), and the [Feldenkrais Guild of North America](#) and serves on the Board of Directors for the [Feldenkrais Guild of North America](#) (FGNA). With over 26 years of experience in dealing with the art and science of healing and the body, Fariya says the Buteyko Breathing Method brings meaning to how we can adapt to change. Her long curiosity with breathing -- how it is altered, destabilized, and brought back to efficiency and comfort -- will help us deal with the current situation we find ourselves due to Covid-19. She provides care online and onsite in St.Catharines, ON. Visit her website

www.fariyadoctor.com

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