

# In Clinic Stretching and Breathing Workshop

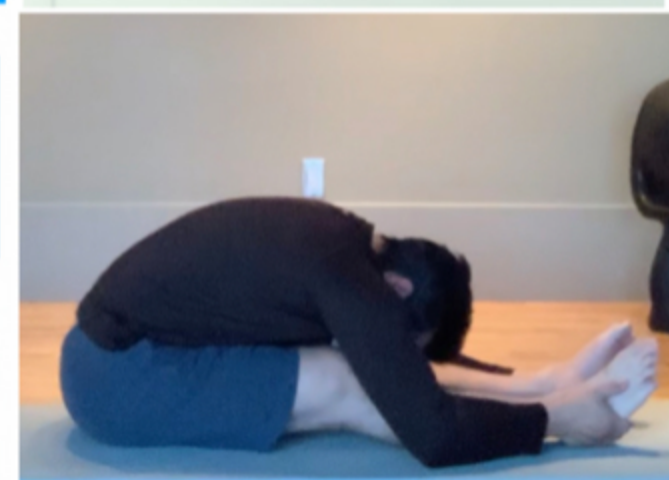
Strengthening bone, tendon and joints



Breathing =  
Control the rate of inhalation /  
Exhalation

Inhale = circle smaller  
Exhale = circle bigger

Mindfulness = focusing on  
Present time



RSVP with Partner

Saturday October 3 @ 1 pm

Seating is limited