Virtual Power Breath Course

May 12 - 16, 2021

Wednesday, Thursday, & Friday: 1830 - 2100
Saturday and Sunday: 1000 - 1300 EDT

Complimentary course for Veterans, current Service Members, and their loved ones. Attendance to all five sessions is required.

✓ Resiliency Training
✓ Optimal Performance
✓ Enhanced Sleep Quality
✓ Improved Mental Clarity
✓ Stress Relief

The Power Breath Workshop is a mind-body program that emphasizes techniques to build resiliency. It offers breath based tools that decrease various symptoms such as anxiety, anger, and sleep problems resulting in improved overall wellbeing. For more info: www.pwht.org

Space is limited. For questions contact: leslye.moore@pwht.org or 208-409-7806. To register go to: http://tiny.cc/43ovtz