

Complete Breath & Total Relaxation

Sunday,
April 19th
11:30a – 1:30p
Black Dog Yoga
Sherman Oaks

A Workshop with John Sahakian

Increase brain power, speed up your metabolism, boost your immune system, explore your inner life, and experience total relaxation by LEARNING TO BREATHE BETTER.

Stress is the underlying cause of most illness. Luckily, however, we can use our breath to respond to stress in a healthier way – and as a result, increase blood circulation, lower blood pressure, sharpen mental focus, create more energy, eliminate toxins, and improve digestion – all the while reducing strain on the heart.

Using the breath to communicate with the nervous system, John will gently guide you on a journey into your body, mind, and heart. He will show you how the quality of your inhale is connected to how receptive you are in life, and how your exhale demonstrates your ability to let go of what may no longer serve you. John will introduce simple, age-old methods that will allow you to feel balanced, centered, and more alive.

Energize your body, clear your mind, experience total relaxation, and discover how to use your breath as a practical tool to improve all areas of your life.

“Stress is powerless when we have breath.”

No yoga experience necessary. No mat needed.

Wear comfortable clothes.

“Be Love” organic t-shirts will be raffled off to promote & support “non-violence” education worldwide.

\$30 per person

Bring a friend – only \$50 for two!

You must pre-register with payment in order to secure a place in this workshop. Major credit cards accepted. Payment is non-refundable after April 12th.

Call 818.380.0331



John Sahakian is a certified Breath Therapist & Stress Management Consultant specializing in “workplace stress.” He teaches Complete Breath Yoga and is working on a book about using breath to better manage stress in our lives. John’s work has been featured on CNN, CBS & KCAL9.



an eclectic mix of hatha yoga™

Black Dog Yoga 4454 Van Nuys Blvd. Ste 206,
Sherman Oaks, CA 91403. Detailed directions
can be found at our website. Abundant
long-term and free parking.

blackdogyoga.com