

## BreathWork Training

**Thursday 20 January 2022**  
Arrival for 3.50pm for the class to start at 4pm  
Zoom  
Registration Deadline: Tuesday 18 January 2022



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[Women in Property  
South West](https://www.womeninproperty.org.uk/south-west)

Join us as we learn all about the power of breathing from Sara at Breathways.

Breathwork is a highly effective tool to manage stress, as scientific studies have shown that it can reduce cortisol, the stress hormone, by up to 20% after just one session!

Join us as we undertake an hour long session covering:

- tools to reduce stress and manage anxiety through breath
- how to use the breath to be alert, focused and ready for anything
- the science behind the breath

Perfect new tool to learn for 2022!



Event organiser: Sophie Endacott  
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Registration queries: [booking@womeninproperty.org.uk](mailto:booking@womeninproperty.org.uk)

<b>Event Name:</b>	<b>BreathWork Training</b>	<b>Code:</b>	<b>DCW200122</b>
<b>Type:</b>	<b>Wellbeing</b>	<b>Location:</b>	<b>Virtual</b>
<b>Date:</b>	<b>20 January 2022</b>	<b>Time:</b>	<b>4pm</b>
<b>Cost:</b>	<b>Member            £0</b>	<b>Non-Member</b>	<b>£25</b>
If you would like to see our privacy/GDPR statement, please <a href="#">click here</a>			

**Bookings for this event are now closed.**  
Please contact [booking@womeninproperty.org.uk](mailto:booking@womeninproperty.org.uk) for any enquiries.

**No refunds for cancellations or non-attendance**

If Members would like to update their contact email address on the membership database, please email details to [membership@womeninproperty.org.uk](mailto:membership@womeninproperty.org.uk)