

For more information:
www.vitalgaitway.com



A workshop to help you optimize the way you breathe \$35.00

Common Postural Habits Make It Difficult to Breathe.

Restorative Exercise™ Specialist, Christine Altman, leads this dynamic workshop to explore each individual's habits that affect the ability to breathe.

Learn to evaluate the function of your shoulders, ribs, and abdominal muscles and their important role in optimal breathing.

Once you know your muscular state, Christine will teach you the correctives necessary to strengthen the muscles that are atrophied and release those that are locked up.

Improving your breathing mechanics has multiple benefits, from helping you to overcome or withstand the musculoskeletal effects of asthma to giving you that competitive edge in your favorite sport.

The tension that inhibits good breathe mechanics, is also implicated in jaw tension/ teeth grinding, backaches, neck pain, and headaches. If you have any or all of these symptoms, do yourself a favor. Learn the skills you need to change your body for the better, support your health, reduce stress and optimize performance.

All workshops held at
The Vital Gaitway
462 Prospect Street, Torrington.
Pre Registration is required, call
860-324-6926 or visit
www.vitalgaitway.com

Dates: (choose one)

Saturday, July 27
11:30 AM–1:30 PM

Tuesday, August 6
6:30–8:30 PM



The position in which you place your ribs, relative to the abdomen, as well as how you carry your shoulder blades has a huge impact on how you breathe. Guess what? "Good posture" inhibits the chest cavity's outward expansion, forcing the body to find other ways to oxygenate its cells, such as expanding the belly, or raising the shoulders—habits that contribute to spinal degeneration, stress, and chronic pain.