



The Radiant Living Series



THE ESSENCE OF HEALTH IS A BALANCED BREATH-LEARN
NERVOUS SYSTEM REGULATION VIA FUNCTIONAL BREATHING

JOIN US FOR A BREATH WORK WORKSHOP THURSDAY ,MAY 9TH FROM 5:30 - 6:30

During this workshop you will learn:

- **Part one**-Nervous system regulation via functional breathing
- **Part two**- To actually practice breathing



Perrin White MSP, CCC-SLP, COM®, RYT® 200

Perrin combines both professional expertise and personal experience in her treatment of the airway and supporting overall health. She sees individual clients virtually, holds various workshops, and teaches community classes locally.

