

Breathing Workshop

Intense experiences and emotions can affect our bodies in many ways. We may find our breathing affected, with shallow or ragged breaths, unable to take a single deep breath.

As Hospice Volunteers, we need to have easy tools at our disposal to deal with our own emotions so we can be present for those who depend on our care.

In this workshop, you will be introduced to various breathing techniques, that show you how to actively use your breath to alter your emotions and will allow you the space to heal and move through your grief or emotional burnout.

This workshop is available to volunteer and paid staff.

Workshop is facilitated by Katie Ely, HWR volunteer who teaches yoga, movement and breathwork.

Hospice of the Western Reserve
West Campus
22730 Fairview Center Drive
Fairview Park, OH 44126

Saturday, March 16
10:00 a.m. – 12:00 p.m.

Registration is required by:
Tuesday, March 12

Optional: *Bring a yoga mat or blanket to do the exercises on the floor. Participants may also sit in regular chairs. No previous yoga or breathwork experience necessary.*

RSVP is required

For more information and to register, contact the Volunteer Team at 216.383.5280.



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