

# Focus On Breathing Workshop

## For Relaxation, Stress relief and Meditation

- Guided by:** Suryanarayana Chennapragada (Aka'CS') Website: 'countingbreaths.com'
- Who can attend:** Members of the Hope club & also Open to the Public
- Where:** Hope Club of the American Cancer Society, 1 Penny lane Latham NY 12110
- How to attend:** Register in the black binder at the front desk or Call 782-9833
- When:** Fourth Thursday of each month 6 -7pm

The super easy techniques and guidelines presented by CS are the answer to an age old problem. We know, discuss and admire many great techniques and teachers. Only a small percentage of the population actually practices, for many valid reasons.

These techniques are designed for **beginners, including children**. Their initial practice does not require a teacher, time or money. They relieve stress at Home, Work or from ill-health. Extensive testimonials in his website bear this out. The practice has three levels with benefits at every level.

**Level I** begins with 'focusing on breathing' **at night, to fall asleep**. It calms the mind, relaxes the body and induces quality sleep every day. Practitioners on sleep medication get great sleep without it. The bedtime practice is like the *main dose*.

Next, practice **in the morning, getting out of sleep**. Transition in several still postures, from lying on the bed, eyes closed, to standing on the floor. Be still in each posture and focus on the breath, for some time. The mind and body are thus tuned for stress free function before the day's action starts. It feels so good that one likes to do it daily. The morning practice is like the *booster dose*. Gradually, the bedtime and morning practices become habits. *Stress shrinks dramatically*.

**Level II** is 'focusing on a few breaths' **intermittently, throughout the day**, when working at a computer, waiting at the red light or standing in a line. These tiny practices work like *maintenance doses*. Gentle Yoga based stretching adds strength at this stage. *Expect significant improvement in Mind, Body and Relationships*.

**Level III** is *meditating* with 'focus on breathing'. One begins with short times, **may be on weekends**. The positive feeling hopefully leads over a few months or years, to extended daily practice. It slowly dissolves the deepest roots of remaining stresses. *Practitioners feel like they have improved versions of mind, body and relationships*. The journey continues lifelong.

