



LA COUNTY

Wellness Webinars

Brought to you by the Wellness Council of Arizona



2020

Series



The workshop is designed to offer a tool for stress reduction and rejuvenation. Breath work is over 3000 years old and is based in the “Practice of Mindfulness”. Biometric studies show that 5-minutes of breath work offers the same levels of recovery as a 20-minute nap. The technique is relatively simple and is found in “present moment awareness” of following the pathway that each breath takes through our bodies.

Mindfulness: Take a Breath Break

Register Here

Participant will receive a confirmation email with the attendee link and call in number upon registration.

Date: March 11, 2020

Time: 12:00pm – 12:45pm

Los Angeles County
DEPARTMENT OF

Human Resources

