

Breathwork

Basics & Beyond

A 6 WEEK VIRTUAL COURSE

led by Sam Wilshire

Wednesdays 6:00PM - 7:15PM

Starting October **12th** via Zoom



What:

Breath flows naturally, in and out. The thousands of breaths taken everyday condition the state of mind and body we find ourselves in. Whether you are experiencing anxiety, dysregulation, or find stress difficult to manage right now, the breath is a gentle and straightforward place to build resilience and tolerance for what life throws at you.

Participate in a **6-week virtual course** exploring a survey of breathwork skills and giving you tools to find empowerment with each and every breath. Join your group leader Sam Wilshire as he explores the art of breath and draws from biofeedback, meditation, energy work and competitive breathholding to discover tools for healing. Materials, exercises and processing as a group will provide a safely paced environment to learn and challenge your capacities

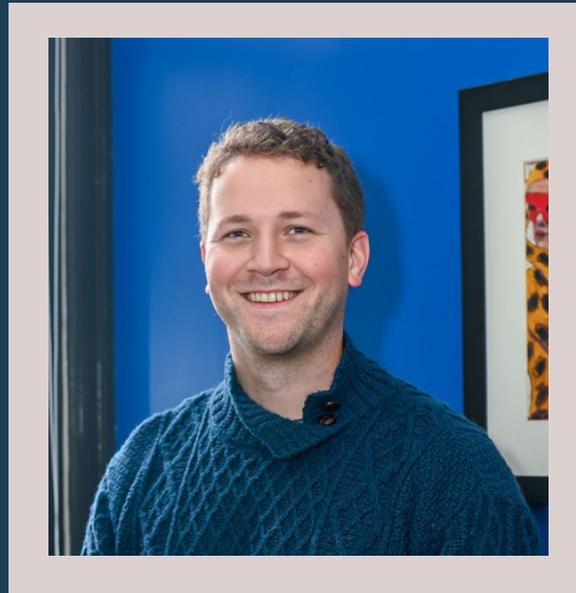
Where: Online through Zoom

When: 6 Weekly Sessions , Wednesdays 6:00PM-7:15PM
October 12th, 19th, 26th, November 2nd, 9th, 16th

Who: No Experience Necessary. This group is open to anyone who is interested in working with breath as a function of health and healing. This will be a closed group, so we will move through the series with the same participants.

Cost: We can verify your benefits through insurance. Standard copays will apply. Private pay rates are \$40 per session.

**For additional questions or to sign up,
email jgiuffrida@emergetherapy.pgh.com**



Sam Wilshire

Life is a winding path- it can be difficult to adjust to challenges as they happen in the moment or accumulate over time.

I have been helping clients for several years confront the tasks of integration and expansion in the face of unhelpful habits, relationships and circumstances. Let me help you with what is depleting you in this moment, in whatever shape that may take.

My approach is informed by behavioral, interpersonal and mindfulness-based modalities. To orient ourselves towards lasting change, we need to make use of insight as well as concrete skills that reduce disorder and provide meaning in our evolving world. I make ample use of interventions old and new- hypnosis, breathwork and contemplative skills, as well as cutting-edge biofeedback. To make these skills take lasting root, we must nourish them with human connection and validating emotional experiences. Let me help you find this connection today.