



The Bar Association of San Francisco

Just Breathe: Using Breath and Meditation to Release Tension

An Introduction to Meditation, Breathwork, and Reiki

August 25, 2020 12:00 - 1:00 p.m.

Speaker

Natalie Torres

Founder, The Traveling Light

Moderator

Melody Rissell

Rissell Law Firm

In the Just Breathe Workshop you will learn how stress disconnects our mind from our bodies. You will also learn practical tools to manage stress and live more connected and balanced from within. Just Breathe is an opportunity to unwind and find rest simply by connecting to your own breath and the energy already inside of you.

Topics

- Stress and the mind body disconnect
- Guided Meditation
- Breathwork and its benefits
- Reiki and its benefits

Location

Online only.

Event Code: W207011G