

# Southdown Community Wellness Services

## Webinar

### Calmness Through Breath

**Description:** Are you overwhelmed stress and anxious about your all-consuming schedule? Would you like greater control over your response and the ability to self-regulate? If so, we invite you to join us for this 30-minute, five-week online workshop series.

The *Calmness Through Breath* online workshop series will explore an array of breathing techniques that will assist with the ability to self-regulate and calm your responsiveness. You will have an opportunity to learn and practice slow, controlled breathing techniques, which can reduce anxiety and feelings of stress and help to regulate heart rate and blood pressure.

**Date:** Thursdays: December 3, 10, 17, 2020 and January 7, 14, 2021  
1:00 pm – 1:30 pm

**Participant Limit:** 100

**Fee:** Free

**Duration:** Five Weeks

**Delivery Platform:** Zoom

**Presenter:** Nadine Crescenzi

**Who should participate:** Anyone who wants to live more fully and with less stress

**Participants will:**

- understand how breathing affects the body
- learn a variety of breathing techniques to help manage tension and stress
- have time in each session to practice the breathing techniques

[Click here to register](#)

#### About the Presenter:



Nadine Crescenzi is a Clinical Team Member and Fitness Instructor at The Southdown Institute. She leads the fitness classes, personal training, aqua fitness, breathing, mindfulness modalities and art therapy. She is a certified instructor of fitness, cycle fitness, rebounding, aqua-fitness, aqua-rehabilitation, T.I.M.E training (Canadian Stroke Network), Mindfulness, Meditation, Centering Prayer, and Integrative Mental Health. She has specialized training in Osteoarthritis & Osteoporosis training, Falls Prevention, Balance and Trauma training, bridging the gap between healthcare and fitness. Nadine is a Clinical Art Therapy Student at Canadian International Institute of Art Therapy (CIAT) and a graduate of the Ontario College of Arts and Design University (OCADU), 'Communication Arts' program.

