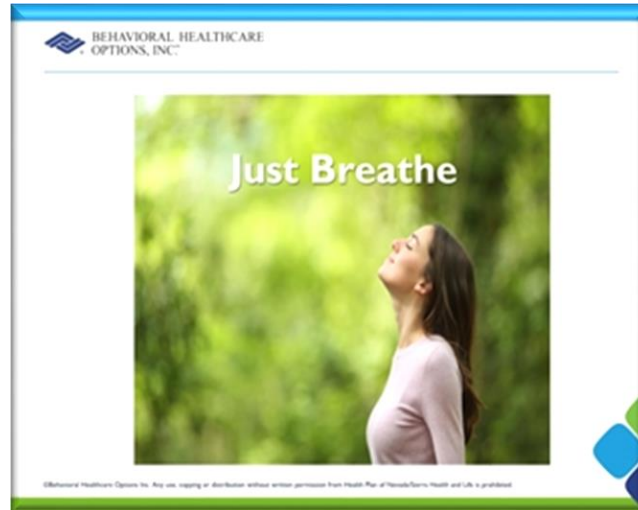


Just Breathe - Recorded Training



Just Breathe

“Bliss begins with the breath. We breathe in and accept all that is new. We breathe out, and release all that has passed.” Participants will learn:

- What is breath work?
- The physical and emotional benefits of breath work
- Various breathing techniques
- Resources

<https://www.brainshark.com/uhc/JustBreathe>

The duration of this content is 00:21:39.



*For more information or to make a confidential appointment with an EAP counselor, call Behavioral Healthcare Options at **800 873-2246***

