

A day to Breathe



When our mind reacts to stressful situations and starts to run, it leads the all body into the stress response. A practical way to slow down mind and body and reconnect them together, is to use the breath as a bridge into yourself.

In the beautiful energy of [Alpe Arami](#), an alpine pasture near to **Bellinzona**, we will focus on our breath, our body and the contact with Nature.

During this day you will:

- **explore** how respiration works ;
- **experience** several **breathing practices** enhancing your lungs capacity and releasing tensions in the muscles involved in the breathing movements;
- **experience the influences of your breathe** on your physical, energetic and emotional state;
- **reflect** to how your **past fears** are stored in the body and may affect your respiration;
- **take time to pay attention** to you personal state – so to increase your bodyawareness – and to share with the other participants.

