




Presented by  
**Ruth Stender, RYT®**

*Functional Breathing &  
Meditation Teacher*



SEATTLE  
**energy**  
MEDICINE 

*(NOTE: To ensure students receive specific instruction and support, class size is limited to eight people. Returning students get priority.)*

# be still now

- *a breathing class* -

## what's covered?

- Individual assessments to identify dysfunctional breathing patterns.
- Exercises to encourage proper breathing.
- Learning to “be still now” as a form of meditation or just quieting the mind.

## who is this for?

Anyone who wants to enhance their health, increase athletic performance, reduce stress, manage emotions, improve posture, or just learn something new.

## when is it?

Every third Tuesday of the month at  
6:00pm for 75 to 90 minutes.

## where is it?

Seattle & Bellevue, Washington  
*(once enrolled you will receive the exact location)*

## what does it cost?

\$35 due at registration.

## how do i register?

Email: [Ruth@RuthStender.com](mailto:Ruth@RuthStender.com)