

Online Workshop

Breath of Life: 5 Pranayama Techniques for Healing & Resilience when Living with Cancer With Brenda Ohta, PhD



Date: Monday, Oct 19, 2020

Time: 1:30 PM – 2:30 PM

Cost: Free

Registration: Please RSVP by 10/15 (Thurs)
programs@cancersupportvvsb.org
or 805.379.4777

**Zoom link will be provided
upon registration.**

Pranayama is a Yogic term referring to breath and the expansion of life force. While breath, the conduit of our life force, is vital to life itself, “Prana” is more than just our breath. It is an energy that permeates our entire body. Pranayama, or breath-work, is a key component of an integrated yoga approach to healing and resilience, helping to restore that essence of our life force so often diminished by cancer. Workshop participants will learn 5 breath-work techniques that can be used to help improve the flow of breath, ease anxiety, and enhance internal awareness; all important life qualities in facilitating healing when living with cancer. Information on the philosophy of Yoga Pranayama, as well as the science of how breathing impacts physical and mental health will also be presented. Please join us to learn how you can expand your ability for self-healing through the tool already at your disposal, your breath.

Bren Ohta, PhD, MS, MSW, LCSW, RYT-500 is a licensed psychotherapist and dedicated yoga practitioner and teacher. Having spent over 25 years in the health services arena as a clinician, researcher, bioethicist and administrator, her diagnosis of cancer and journey through surgery, radiation, chemotherapy, and beyond, profoundly changed her way of, and outlook on, life. Taking full use and measure of her background and experience, she now dedicates herself to helping others diagnosed with cancer and other life altering illnesses and trauma. Through the integration of yoga asana, pranayama, meditation, and other therapeutic mind/body practices, Dr. Ohta is passionate about the benefits of a yogic lifestyle and helping others to experience these as tools for healing body, mind, and spirit.