



STWS

SERVING THOSE WHO SERVE invites you to a

BREATHWORK & MEDITATION WORKSHOP for the 9/11 community

presented by

Dr. Richard Brown

Richard P. Brown, MD, is an Associate Professor in Clinical Psychiatry at Columbia University College of Physicians and Surgeons. **He volunteers his time teaching advanced yoga breathing and meditation to help stressed and traumatized people regain energy, good sleep and peace of mind as well as detoxify their bodies and regain harmony in their lives.** This work integrates mind-body-spirit techniques from the yoga and martial arts Dr. Brown teaches. (He may also suggest herbs, nutrients, and medicines). Dr. Brown feels that “To be able to transform so many peoples’ lives in a short course has been a special blessing for me. **I especially enjoy helping 9/11 responders and military veterans recover their lives.**”

Research has shown that extraordinary breathing techniques, like those taught by Dr. Brown, have proven to significantly improve lung and heart functions, effectively relieve stress, increase energy, awareness, mental focus and sense of belonging. The effects have been demonstrated in a wide range of populations including health care practitioners, individuals with psychiatric and medical conditions, children and adolescents, prison inmates and staff, juvenile offenders and victims of terrorism and war, natural disasters, poverty and violence. Many people who have worked with Dr. Brown say they have been transformed, and that they never would have imagined that something so simple would have been so powerful and helpful.

You can also visit www.haveahealthymind.com to find out more about Dr. Brown’s work.

Friday, Feb. 15th 6:30 PM- 9:30 PM

Saturday, Feb. 16th 10 AM - 5:00 PM

Sunday, Feb. 17th 10 AM - 5:00 PM

Monday, Feb. 18th 6:30 PM- 10:30 PM

There will be a half an hour lunch break on Sat. the 16th & Sun. the 17th.

Suggested donation for the course is \$75 (regularly \$450.)

You can register online at www.stws.org by using PayPal.

CENTERPOINT YOGA STUDIOS

324 LaFayette Street - 7th floor

between Bleeker & Houston

New York, NY 10012

For **information and reservations** call **Nechemiah Bar-Yehuda** at **212-877-8312** or **visit www.stws.org**