

Meeting Notes from Tautoko Network Meeting

May 2018

YOUR WELLBEING TOOLBOX: ART OF BREATHING

The setting for this Workshop was overlooking the ocean from the upstairs room of the North New Brighton Community Centre. It seemed very appropriate! Aurora Smith, from Art of Living, stepped us through some relaxation and breathing techniques. Aurora is one of one million volunteers globally involved with the Art of Living Programme. Aurora introduced to us the technique that some of you may remember was offered via hoarding boards around the city post quake - 1200 people learnt in that time! Those attending agreed they felt quite rested after!

For more information, or if you couldn't join us on the day, you can contact Aurora on 021 036 0170 or by email canterbury@artofliving.org.nz