

# Diaphragmatic Breathing (DB) for Mood Disorders - August

**WHEN** Thursday, August 25th 2022  
12:00 PM – 2:00 PM

**WHERE** Online

**COST** Members: \$395.00 (including GST), Non-members: \$470.00  
(including GST)



Scan for [more information](#)

Join Dr Judy Lovas for an interactive 2-part workshop series that will offer participants the opportunity to practice and apply Diaphragmatic Breathing on a personal and clinical level. Note: This event will be on the 18 & 25 August 2022, Time 12:00–3:00pm & 12:00–2:00pm AEST