

Diaphragmatic Breathing (DB) for Mood Disorders

WHEN Thursday, August 18th 2022
12:00 PM – 3:00 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.