



FUNCTIONAL BREATH WORKSHOP - free!

OXYGEN  ADVANTAGE[®]
CERTIFIED INSTRUCTOR



Ford House Visitor Center and Museum
(BACK DECK/LAWN - dress warmly)

FRIDAY, MARCH 14, 2025

3:00 PM – 4:30 PM

Well supported by science/research, functional breathing delivers a variety of benefits to the body and mind. Join **Certified Oxygen Advantage Breathing Coach, and Nutritionist & Author Sid Garza-Hillman** for this fun, interactive breath workshop. Sid will teach you the physiology and benefits of proper breathing, then lead you through a series of exercises (with light movement) designed to put you on the path to a natural breathing habit (handout included)! Benefits include improved sleep, endurance, stress management and more! ADA accessible.

FREE! (donations appreciated – 100% donations go to MendoParks!)
RESERVATIONS REQUIRED - director@mendoparks.org or 707.937.4700

43505 Main St, Mendocino | 707-937-4700 | MendoParks.org