

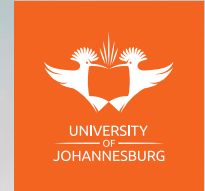
THE JBS ONLINE DISCUSSION SERIES

# The importance of breath and mindfulness for well-being during stressful times

We have paid too little attention to breath and how we can use it to channel positive results from stress. During these exceptional times, simple and controlled deep breathing is one of the best ways to regulate our emotions and the effects of stress on our bodies. Our breathing habits have a direct impact on our health and well-being, our athletic and creative abilities, our performance at work, and in everyday life.

Join **Susie Roy**, visiting faculty member at the School of Inspired Leadership (SOIL) in Gurgaon, India, as we explore and practise the healing power of simple breath awareness and conscious breathing as a tool for transformation, reducing stress and anxiety, and improved sleep.

*"There is a way of breathing that is shameful and constricted. Then there is another way: The breath of love that takes you all the way to infinity."* Rumi



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**Wednesday, 9 September 2020**  
**15:00 – 16:00 SAST**