

Serenity Inhaled:

a breathwork class

with Reverend Melissa Hill Greenbaum

Starts Feb. 5, 2026

Thursdays

6:15-7:00 pm EST

in person or online

\$25 per class

\$90 six-class series

What You Will Experience:

- Instant Stress Relief
- Improve Focus & Clarity
- Better Sleep

Who is this class for:

- Beginners with no prior breathwork experience
- Busy professionals seeking quick stress release
- Anyone looking to improve sleep quality, focus or over all well-being

Why it works:

Rooted in scientific research on the autonomic nervous system, our breathwork methods activate the parasympathetic response - the body's natural "rest-and-digest" mode—so you leave feeling lighter, clearer, and more centered.

Join us, breathe deeply and discover how a few mindful breaths can transform a stressful day into a moment of peaceful renewal.



Ellio Pilates, Tai Chi & More
Register at
elliopilates.com/schedule