

# FAA VIG Workshop

# Live in the Lungs



*Ever feel there are times the head gets stuck in the future or the heart get stuck in the past?*

This workshop is a practical guide to tools and exercises to get back into the present moment....

## *What you will learn:*



1. **Basic concepts of pranayama...**  
(using the breath to guide the nervous system back to the present)



2. **How to use Pranayama**  
as a daily practice



3. **Create your own daily practice**  
using affirmations as a guide to guide the breath



*Your breath is always with you.  
Come home to the present.*



**When:**  
**June 6, 2026**



**Time:**  
**12-1:30 pm**



*Your facilitator:* **LG** from North Carolina  
(formerly Chicago).

LG has been a long time person in recovery. She brings her personal experience in yoga, meditation, music and science to recovery.

*Please join her in this exploration.*



*Join us on Zoom!*



**Click to Join Zoom Meeting**

<https://zoom.us/j/4664902718?pwd=VklTUkVKcXlOTXZmUEpDNVBHYmk1Zz09>



**Meeting ID: 466 490 2718**



**Passcode: 885574**

*A 12-step fellowship for food addiction recovery. ♡ One day at a time.*