ਵਿਦਿਆ ਵੀਚਾਰੀ ਤਾਂ ਪਰਉਪਕਾਰੀ॥
Sikh Education Forum

Sikh Education Form (SEF)

Breath is Life Project

Over the next 6 months, we will be delivering health and wellness workshops in Birmingham and Sandwell in:

·Quinton

·Smethwick

·Ladywood &

·via Zoom.

The BiL project activities:

·Breathwork & Yoga.

·Fitness and Wellness

·Meditation

·Information, advice and guidance on developing healthier lifestyles.

Project benefits for adults:

·Improve your health and wellness.

·Boost immunity, knowledge on breathing in a correct way for optimal health.

·Develop and increase self-awareness on healthy lifestyles.

·Encourage fitness amongst vulnerable adults.

·Increase stronger coping mechanisms.

·Promote stronger respiratory circulation.

·Reduce stress hormones







To speak with us, please contact Harminder K Bhogal (Project Coordinator) on 07891479255

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https://sikheducationforum.org.uk



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