

Pranayama Breathwork FB Ad - Medium length

HEADLINE A: Discover lasting calm with Pranayama breathing techniques

HEADLINE B: Breathe in, breathe out for a calmer 2022

Call to action button: "Learn More"

Copy (put in description section):

Imagine how amazing it would feel to shake off the overwhelm and stress of the day with one simple thing?

Breathing. 🙏

To feel more grounded and at peace.

To achieve a state of mindfulness on a whole different level 🙏

😮 Crazy? I think not. Many of my students have done just that.

All it took was a little of my guidance and expertise. In the ancient practice of Pranayama.

My name is Deepak Sharma and I've been practicing yoga for over 30 years.

I am so passionate about sharing the gift of Pranayama breathwork with you that I have created a FREE 7-day Yogic Breathwork Program.

This means if you want to learn how to...

✨ breathe correctly to improve your long term wellbeing

reduce your stress levels and anxiety

✨ achieve a deeper state of mindfulness

All in under 20 minutes a session...

My FREE 7 day course is for you. >>> **[Pranayama Yogic Breathwork Program]**

Sending love and peace to all of you beautiful souls 🧡❤️

Deepak

Image Suggestion: Image of you or short video introducing the course.