

News from DataSys

For immediate release



Six Breaths per Minute

Boxboro, Mass. – May 4, 2020

DataSys' President, Lisa Daigle, is offering a Webinar on breathing slowly and mindfully to reduce fear and anxiety, improve concentration, and foster well-being.

The Webinar will be offered on Monday, May 11th from 9:30-9:50 am.

Lisa has been a mindfulness practitioner for over a decade. Her certifications include: Registered Yoga Teacher 200 hour training; Let Your Yoga Dance 100 hour training; specialized certifications to ease anxiety depression, and trauma through yoga and breathing for veterans and incarcerated women; Reiki to ease the suffering of dying people and animals; and, many classes in meditation.



Lisa Daigle applies mindful practices to many areas of her life, including working with her three horses. Pictured: Lisa with Savannah.

The free Webinar runs from 9:30-9:50 am. Please register by emailing

<mailto:DReilly@DataSysCorp.com>

About DataSys Corporation

DataSys Corporation specializes in the implementation of Microsoft Dynamics GP (Great Plains) since 1996. To learn more, please visit www.DataSysCorp.com.

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