



Simply Breathtaking

WE OFFER

- 1:1 sessions
- Workshops
- Corporate training

OFFER
CODE

'FirstBreath'

which will give
the booker

FIRST 1:1
SESSION

15% OFF

Why BREATHE Better

You can survive only days without water and only a few weeks without food. Yet without oxygen we can only survive a few minutes.



Our breath removes toxins from our system



Better breathing supports the lymphatic system



Connected breathing releases muscle tension



Better breathing improves emotional well being



Slower breathing calms the nervous system



Better breathing improves our mental health



Deep breathing strengthens our connection to self



Better breathing accesses higher levels of awareness

Find out how breathwork
can help you today...

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Transformational
Breath®