

TAKE A BREATH | SEMINAR

Future-proof, scientific, game-changing.

Never, has understanding the biology of breath been more critical.

Take a Beath teaches the fascinating link between the way humans breathe, and health. This seminar explores the instant change in the way we think, problem-solve and function, as a result of effective and ineffective breathing.

Previously linked to interventions such as tai chi, yoga and meditation, breathing is now being recognised for its direct and causal link to robust physical and mental health.

If you've become quietly overwhelmed with the pace and pressure of life and are keen to get sorted and optimize your physical and mental potential; this seminar is for you.