

TAKE A BREATH GIFTING PROGRAMME HIGH-RISK SECTORS

Take a Breath is a world-first breathing portfolio designed to address the anxiety epidemic. It's a science-based digital platform that includes multiple learning modules, audio pods, the 7-Day Take a Breath Challenge and a digital breathe trainer to help you reset your breathing patterns.

If your organisation operates with a high-risk customer base, and you enroll Take a Breath for your staff, we gift Take a Breath to your customers on your behalf.

For information about high-risk sectors and to see if your customer base qualifies, please contact us.

