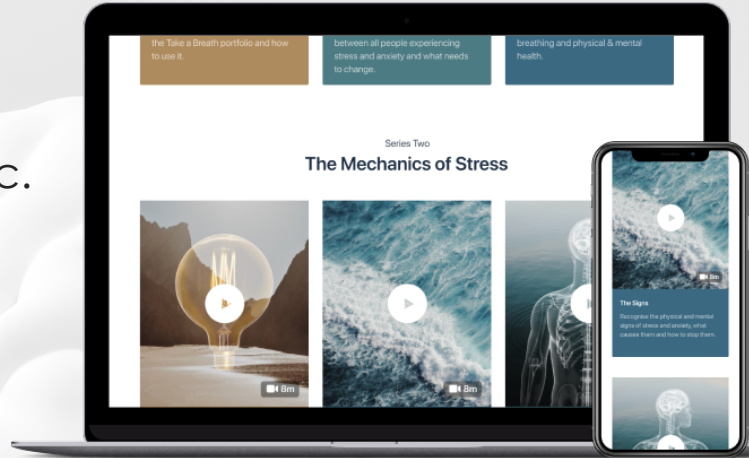


TAKE A BREATH GIFTING PROGRAMME SCHOOLS

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.



For every organisation that enrolls Take a Breath for staff, we gift the programme to a school for free. Because children as young as six years old are experiencing anxiety.

If you'd like your school to be part of the Take a Breath Gifting Programme for Schools, please contact us.

