

Bio. Breathe

Intro

Your breath is the essence of life yet it's often overlooked. Daily stresses, ill health, and poor posture are just a few of the reasons we adopt dysfunctional breathing patterns that have a detrimental effect on our wellbeing.

£300





Do you want to...

- Reduce your stress: harness the power of your breath to alleviate stress and anxiety.
- Enhanced your vitality: elevate your energy levels and experience a newfound vitality
- Improve your Mental Clarity: clear your mind, improve focus, and tap into a deeper sense of mental clarity and presence.
- Sleep better: embrace breathwork techniques that promote peaceful, restorative sleep.
- Feel emotionally balanced: gain tools to navigate life's ups and downs with grace and emotional resilience.

Bio.Breathe offers a tailor-made package that guides and teaches you to optimise your automatic breathing function and unlock a cascade of wellbeing benefits.

Included

Pre-Appointment



Review of intake health questionnaires to help us understand your needs and goals.

Appointments



- 1 hr initial 1-2-1 appointment to assess your breathing patterns and posture.
- Production of a bespoke breathwork and movement program
- 4 x 45 min weekly breathwork classes that allow you the opportunity to practice and be guided through different breathwork exercises, discuss challenges and monitor your progress.

Support



Membership discount to allow you to access additional breathwork classes and courses

Breathwork is the missing piece of the puzzle in your quest for holistic wellness, complementing other practices for a well-rounded approach to health.

