

Length: 60-90min

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorial.

Details: Our body operates on cycles and rhythms while the mind operates on habits. For now, let's focus on our body.

The body's cycles and rhythms tell us when to sleep, awaken, eat, rest, think, learn, digest and more. These two cycles are known as our circadian rhythm and our ultradian rhythm.

No matter whether you're the person who can't fall asleep or can't fall back asleep, this session shares tools and strategies to have participants sleeping like a baby using the breath.

During this webinar, we'll learn what's happening in the body as the result of our circadian and ultradian cycles so we can make some changes during the day well before it's time to go to bed.

Learning Objectives

- Understand the difference between the circadian and ultradian rhythms
- Breath techniques to use during the day to balance our rhythms
- Breath techniques to fall asleep and/or fall back asleep

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.

Breathe Your Way To

Restful ZZZZ's