



Our Foundational Breath

Length: 60-90min

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

Details: For most people, breathing is a shallow, superficial process; they use only the upper portion of the lungs instead of filling them to the full capacity, which is five quarts. Most adults fill only a small fraction of their lungs, and that's one of the reasons so many people suffer from a myriad of health issues.

LENGTH, DEPTH & PACE MATTER

To take full advantage of the health and power our breathing can produce, we want to pay attention to three primary factors: the length, depth, and pace of our breath. These three variables set the tone for the communication between our heart, brain and our autonomic nervous system.

Breath rates and patterns influence our biochemistry, bio-mechanics, physiology & psychological states of being.

Learning Objectives

- How breath rates & patterns influence our health and well-being
- Techniques to improve the length, depth & pace
- Our Foundational Breath

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.