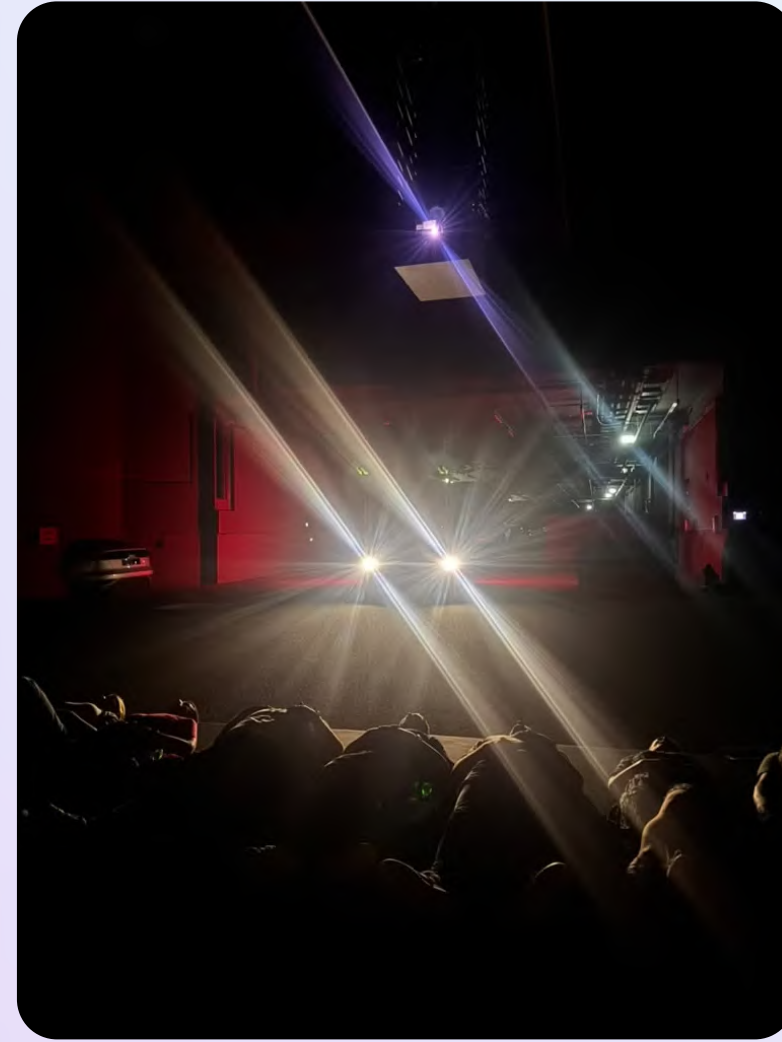


REGULATE

**Regulate your State
instantly
with your breath.**



REGULATE



How does breathwork work?



Influence your
Autonomic Nervous System
(Parasympathetic / Sympathetic)



Alter your **brain state**
(waves & chemicals)

with your breath
→ **your remote control**

Breathwork Wellbeing

Today's breathwork includes **mild breath holds**, that you should not do when you are **Pregnant**, have **Epilepsy**, **uncontrolled Diabetes** or have **Heart Condition**

Always perform breathwork in a safe environment. Never perform this style of breathwork while in or near water or driving a vehicle

REGULATE

Let's breathe

