

# BREATH COACHING with Anya Benoit

Learn How to Reduce Stress, Improve your Concentration  
and Improve Your Life.

What if there was a button you could press to turn stress **off** ?

Or one that would help you focus better at work, stay calm in an argument, and relax? That button exists and it's being used by everyone from top CEOs in boardrooms to yogis on their mat's... and it's called **breathwork**.

## What is Breathwork?

Not many of us pay attention to our breath. If we did, we would realise how connected it is to our emotions and on our ability to concentrate.

Science shows that changing the way we breathe is a safe and natural way to quickly affect the nervous system. Breathwork is a series of breathing techniques that help **you control your nervous system's responses within minutes**.

Whether you're in the middle of an argument, about to attend a difficult meeting, or just need to focus on a task, these techniques have been proven to be effective and can be used by **anyone**.

## How can Breathwork help me?

Breathwork offers similar health benefits to meditation, but it's easier to learn, can be practiced anywhere, and the results are very predictable.

## BENEFITS

- **Relieves Stress:** Breathwork can help you manage the symptoms of chronic stress or periodic stress.
- **Reduce anxiety:** Breathwork can quickly calm you down during an anxious episode and is used as a complementary treatment for PTSD.
- **Boost digestion:** Helps relax your muscles and reduce bloating.
- **Balance energy:** Helps increase your energy levels or calm you down at will.

- **Control your asthma:** Scientifically proven breathing techniques can help calm you down during an asthma attack.
- **Improve sleep:** Sleep faster and deeper by using breathing techniques to relax the mind and body before bedtime.
- **Improve mental focus:** Breathwork can help you ignore distractions, focus on tasks and improve your decision making in a stressful moment.
- **Find peace:** Improve your breathing to enhance your yoga and meditation practice.

## **Learn How to Breathe Better: Personalised 1-on-1 Coaching**

One of the best things about breathwork, is that it doesn't take a lifetime to master. In fact, you can learn how to make this dramatic change to your life **in only 4 sessions**.

I offer personalised 1-on-1 coaching breathwork. Through me, learn techniques taught by Lucas Rockwood, author of The YogaBody Handbook and TED speaker, who I had the privilege of studying under. Here's what to expect from our sessions:

### **WHY COACHING?**

- Personalised, 1-on-1 training to achieve your health goals
- Learn faster, go deeper with personal attention & training
- A tailor made practice schedule based on your availability

### **HOW IT WORKS:**

Sessions are held in my office or online via zoom. Each session is highly individualised and designed around your health goals so that you can benefit from breathwork in the least amount of time.

*" When you own your breath,  
no one can steal your peace."*

*- Steve Agyei*