

“If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly. There is no single more powerful - or more simple - daily practice to further your health and well being than breathwork.” **Dr. Andrew Weil**

You take 25,000 breaths every day. Breathing does not require conscious effort or thought, but the way you breathe impacts everything from your psychological to physical health and well-being.

When we breathe with intentionality we can go from stress to calm in seconds.



