

Breath Enhancement Training



Breath Enhancement Training (BET) is our internationally renowned flagship program, developed originally to help surfers deal with the anxiety and pressure of being held underwater for extended periods of time. We have adapted the program and now have BET programs for all walks of life.

This workshop is remarkable at creating an immediate shift in how participants feel, mentally and physically.

Just like pro-athletes, corporate professionals work under considerable pressure & the stresses and expectations affect the body and mind in the same way, so learning the skills that support performance, especially when under significant or prolonged pressure will have a remarkable effect on mindset, performance and ultimately, happiness.

The knowledge and techniques shared can be easily applied and will lessen each individual's day to day experience of overwhelm, anxiety and pressure, whilst they also learn the techniques to 'switch off' after a demanding day at the office.

Breath Enhancement Training has infiltrated the corporate world with a proud reputation of 'excellence' amongst super successful companies.

RETREAT OPTION: A popular retreat option sees a number of the practical components being completed in a heated pool. Activities range from being moderately challenging to extremely relaxing.

FOCUS AREAS & OUTCOMES:

- How to 'Win the Morning' & feel more energised
- How breathing effectively directly improves the quality of your sleep, energy & emotions
- See 'live' how your breathing directly affects your heart beat & composure
- How to regulate your thinking & decision making in high pressure moments
- Learn how to 'switch' from stressed state into a calm state

TIMES & PRICING:

BET can be run in many different formats, from a 1.5 hour classroom presentation up to a 4 hr workshop.

We will work with you to tailor a package to suit. Pricing available upon request.