



BREATHING WORKSHOPS

What's it all about?

Breathing awareness workshops are designed especially for those who work under the pressures of time and stress in offices, companies and in the corporate world. These workshops will improve concentration, work effectiveness and when practiced on the regular basis you can notice significant improvements in physical and mental health.

What Breathing Workshops can do for you:

- fewer disruptions of thought
- more effective and long-lasting focus
- emotional calming and focus reinforcement
- over-anxiety mitigation
- increase awareness and reactions in certain situations
- muscular tension and stress relief due to over-exertion and/or too much stress
- breathing and postural habits to develop better cognition control

What else?

Introduction to simple mindfulness/meditation techniques and it's practical use in everyday situations.

When and how?

Depending on your needs: before, during or after work, in your office. Participate in formula with or without stretching.

Who runs it?

International (AIDA and SSI) freedive instructor, world vice-champion, multiple national record holder in pool disciplines , Emilia Biała. Emilia also has many years of business experience, but nowadays she prefers to split her time between Indonesian and Croatian islands, sharing her passion for freediving with students from all around the world.



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