



Reg. Charity No. SC047618

# TRUST YOUR BREATH

The T.S. Building, 17 Queens Crescent, Glasgow

## INTRODUCTION to CORRECT BREATHING SCQF Level 7 Course

A life enhancing course and the opportunity to learn about your breathing pattern and how to make it work for you to improve your life and health on all levels.

Certificate issued. Can be used for CPD.

**Breathing is one of our most under-used assets. Learn how to re-awaken it and bring it into your life to bring about life enhancement.**

Correct Breathing has timeless roots in history. In modern day life it is a vital tool to greater fulfillment and life quality, improving health and relationships, building career, self knowledge, and life experience.

This is a modular credit rated course. It is a blend of theory and practical work. Assessments are in the form of a short written test and an essay. The 2018 course will run over 4 weekends.

Course dates: :- To Be Arranged. Courses Run on Demand. Please Contact by phone or email to enquire.

Module 7 Course cost £350. Concessions available on application to the Trust  
Correct Natural Breathing is for everyone no matter age, status or life experience. Develop your breathing pattern to improve your health and happiness, to increase your communication and creative potential, to reduce stress levels and raise confidence, to improve career prospects, and to help others improve their breathing pattern.

The course is credit rated through Edinburgh Napier University carries 10 points within the SCQF framework (Scottish Credit and Qualifications Framework).

Those wishing to go on to teach Correct Breathing can take our Module 2 - Teaching of Correct Breathing (SCQF Level 9) which will run in autumn of 2018. Successful completion of Module 1 is a pre-requisite to studying Module 2

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