



TRUST YOUR BREATH

SCIO Reg. Charity No. SC047618

Better Breathing for a Better Life

A Community Based Health & Wellbeing Trust

dedicated to

the Teaching of Complete Natural Breathing for
the relief of Stress & Promotion of Health

BETTER BREATHING IS BETTER !

**BETTER BREATHING GIVES YOU
LESS STRESS, MORE ENERGY, LESS FATIGUE
BUILDS HEALTH CONFIDENCE & CREATIVITY
BOOSTS YOUR IMMUNE SYSTEM &
CIRCULATION**

Our Workshops, Sessions, and Courses are for Everyone

"Be aware of your breath as often as you are able. Do this for a year and it will be more powerfully transformative than all the other courses you can attend Eckhart Tolle

@ Theosophical Centre,

17 Queens Crescent, St Georges Cross, Glasgow G4 9BL

More Information Overleaf

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f Trust Your Breath

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AUTUMN & WINTER 2018 - 19

Correct Breathing, Relaxation & Stress Reduction

Drop-ins, Groups, One to one Sessions, Workshops, Courses

<http://www.trustyourbreath.org.uk/drop-in-sessions/>

Contact:- Heather Monteith Mb 07484 822323

Our Courses and Workshops are for everyone, no matter your age, health, or what you do in life

Our work is based on 30 years experience teaching and helping people rediscover their natural correct breathing pattern. Manage your Stress, Improve Confidence, Health & Wellbeing.

Find out also about our SCQF (Scottish Credit & Qualifications Framework)

Courses in Correct Natural Breathing (Each course carries 10 Credit Points - Courses are credit rated by Edinburgh Napier University).

Courses can also be used for CPD

Go to **www.trustyourbreath.org.uk** for more info.

Rediscover your own natural correct breathing pattern and restore your ability to self heal, to feel good about yourself, find your innate creativity, and enjoy your life

The Trust's work has helped people with high blood pressure, stress, anxiety, depression, panic attacks, phobias, addictions, asthma, hyperventilation, arthritis, digestive & circulatory problems, insomnia, M.E., and very many more conditions

TRUST YOUR BREATH is a Scottish Charity run by Volunteers
Our Courses, Workshops, and 1 to 1 Sessions are run by trained Therapists

Trust Your Breath also has a base in the Scottish Borders

Please email Lorraine Mahon: lorrynemahon@live.co.uk