



# 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**

**email:** [trustyourbreath@gmail.com](mailto:trustyourbreath@gmail.com)

**web:** [www.trustyourbreath.org.uk](http://www.trustyourbreath.org.uk)

 **trust your breath**

**Tel:** 01369 830069 **Mb:** 07484 822323

## **SPRING & SUMMER 2018**

### **Correct Breathing, Relaxation & Stress Reduction**

Drop-in Clinic, Groups, One to one Sessions, Workshops, Courses

Contact:- Heather Monteith 01369 830069, 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 and 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**

**Contact:- Heather Monteith**

**or visit our WebSite: [www.trustyourbreath.org.uk](http://www.trustyourbreath.org.uk)**

Rediscover your own natural correct breathing pattern and restore your ability to self heal, to feel good about yourself, 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**

**The G.R.E.A.T Big Trust has a base in the Scottish Borders**

Please contact Lorraine Mahon through her website to find out about what is offered  
<http://www.scottish-holistic-therapies.co.uk>