



UNDERSTANDING THE SCIENCE BEHIND..

Breathwork

Breathwork is aimed at helping you by giving you tools and techniques to breath more efficiently and with more awareness. The power of learning to control and balance your breath for consistent production of energy will allow you to feel more vibrant, have more productive days and develop resilience to help ward off disease caused by oxidative stress.

Unlock your bodies natural healing potential!

Kylie Patter

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PRACTICIONER

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