



EMPOWERING CHILDREN THROUGH CONSCIOUS BREATHING

How does conscious breathing support children?

- Encourages happiness
- Reduces bullying
- Supports restful sleep
- Impacts reading ability
- Assists in pain management
- Improves focus
- Reduces anxiety
- Brings calmness
- Sustains attention
- Builds social cohesion
- Reduces bullying



Easy to learn, fun breathing techniques that have an immediate impact on body and brain physiology.

Contact Marj Murray on marj@breathworkafrica.co.za or on 082 561 3637 for more information.



breathing
buddies



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