

A Breath Essentials participant says,

"Just what I have been looking for but didn't know what it was...practical, valuable and doable! Can be done anywhere, anytime. I have tried other [exercises] but they didn't accomplish what I was trying to do. Wonderful group dynamic, Excellent balance between knowledge and skills. [Presenters'] expertise shared cohesively and with ease. Love your calm reassuring way—with lots of laughter. You will be in big demand!"

Paula H., special needs teacher

Who is offering the Breath Essentials seminars?

Elizabeth Allard is a health specialist and an expert speech pathologist with over 30 years of clinical experience. She has taught in various university settings and has mentored students, colleagues and other professionals in communication and health promotion strategies. The skills practiced in these seminars are based on years of successful practice. She, along with invited experts, provide techniques for strengthening breath as a lifelong habit.

Are you ready?

For more information,
please contact:
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Or visit our website at:
www.breathessentials.com

Breathe. Expand life.

Breath Essentials



Breathing Aren't we doing *that*?

For most people, the need
to strengthen breathing
for improved health
is a new concept.

Experience *your* breath.
Expand *your* life...every day

Not living your best life...

Are you tired often?
Do you wake up during the night?
Are you struggling with stress?

Do you get sick frequently?
Are you often distracted?
Do you feel overwhelmed by demands?

Are thoughts and conversation fragmented?
Can't relax and pace yourself?
No time for you?

Do you feel you need to do 'something'
but not sure what it is?

Take back your health with Breath Essentials. It takes only a few minutes every day. Are you breathing your best?

What is Breath Essentials?

Functional breathing and movement practices, suitable for every day life, through a hands-on, relaxed group seminar.

Easy to learn, easy to use, easy to remember. Built into your daily life. Nothing extra is needed. Just you...and your best breath.

If you can do one thing differently... strengthen your breath. Slower, deeper, longer, continuous breath.

Expand life...for yourself...every day. It's your most important function. Make it the strongest.

Benefits of breathing your best:

- **Focused,**
not distracted
- **Clear,**
not foggy
- **Calm,**
not stressed
- **Productive work days**
not on sick days
- **Rested and refreshed**
not exhausted
- **Re-balanced and fluid**
not blocked and tense
- **Positive energy** not 'just coping'
- **Lifelong health** habit not ignoring the basic life force
- **Easy, immediate** practice anytime not hard or scheduled



Don't take health for granted. Experience your best breath. Invest in your life every day. Draw the benefits. Reap lifelong rewards. Learn how in our Breath Essentials seminar.

Offering: Breath Essentials Seminar 1: Functional Breathing for Everyday Life.

Our seminar includes:

- An individual evaluation
- Easy, enjoyable group practice
- Access to leaders for 1:1 feedback
- A certificate of attendance [CEU's may apply]
- Follow-up through a private web page
- A functional habit for life

Location: Arranged with sponsor.

Cost: Our seminars are customized intensives designed for 14-20 per group. Large groups can be scheduled alternately during the work week or week-end. Please contact us for a quote.

Private insurance plans may subsidize cost.

Please contact Breath Essentials for further information or go to our website: www.breathessentials.com

We welcome you to join us and...begin to breathe your best.