

Just breathe your way to pain free living...

- Sleep better
 - Relieve stress
 - Reduce muscle tension
- by
- Repositioning the diaphragm and regaining its 'Dome' shape.
 - Activating correct muscles of your core.
 - Reducing the need to use accessory muscles



Your DIAPHRAGM is your anchor, your CORE!!! Most people have dysfunctional breathing patterns and a wrong idea of what diaphragmatic breathing is and have been doing it wrong all along, creating unnecessary muscle tension in the neck and back. Just by learning how to use the diaphragm correctly and by restoring its optimal position and shape (Domed vs Flat) you can relieve longstanding aches and pains in your body.

At our clinic we have people blowing up balloons, or breathing through a straw or even a kazoo for that matter!

*To learn more or to join us for a Free workshop on " Just Breathe',
contact us at:*

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