



Breathwork for Focus

Research shows that controlled breathing can influence the autonomic nervous system, helping *the body shift* from stress response into a calmer, more balanced state.

Breathwork for Focus

Breathwork is one of the most effective ways to influence the nervous system in real time. By adjusting breathing patterns, participants can calm the body, improve focus, and increase mental clarity within minutes. Participants leave with simple techniques they can use throughout the day to reset their energy, manage stress, and maintain focus.

Session Format

Duration: **20–30 minutes**

Structure

Introduction (3–5 minutes) - Understanding how breathing patterns influence the nervous system.

Guided Breathwork (15–20 minutes) - Techniques designed to calm the body, improve focus, and increase mental clarity.

Integration (3–5 minutes) - Simple ways to apply breathwork throughout the workday.

Benefits

- Reduce stress and mental fatigue
- Improve focus and cognitive performance
- Support nervous system regulation
- Increase energy and clarity
- Develop practical tools for daily stress management

Group Size

Ideal for **10–40 participants**

For larger teams, sessions can be divided into multiple smaller groups or offered as shorter sessions throughout the day.



Curated Programs

Sessions can be offered as:

- Lunch & Learn workshops
- Team reset experiences
- Leadership wellness sessions
- Half-day wellness events
- Multi-session wellness programs

Programs can be customized to address specific goals such as:

- stress reduction
- improved focus and productivity
- employee well-being
- team connection and morale

Your Guide

Best-Selling Author • Integrative Health Expert
Creator of Feed Your Chakras & Eat the Rainbow

Schedule a session:

Visit AngelaAhimsa.com or inquire about available dates
or call 647-575-7176 between Mon - Fri 10-5pm