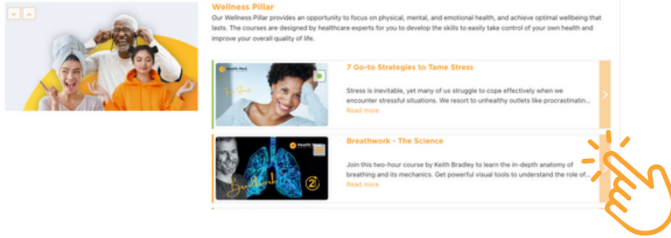




COURSE NAVIGATION GUIDE:

1 Select the category you want to explore and click on your chosen course



2 Read through the course preview

Join this two-hour course, you will learn about the respiratory organs, mechanics and benefits of breathing, get visual tools to understand the pathways that govern breathing, and the role of breath in calming anxiety and the mind. Understand the role of the vagus nerve and neurotransmitters associated with controlled breathing.

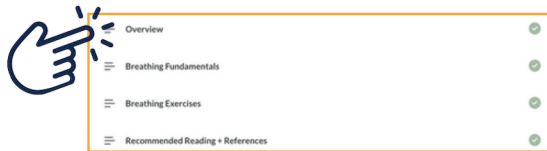
After an in-depth look at the science of breathing, fall in love with the art of breathing, with simple breathing exercises designed for beginners.

By exploring the scientific complexities, we come back to the mind-body connection and how simple breathing practices can create profound change every day.



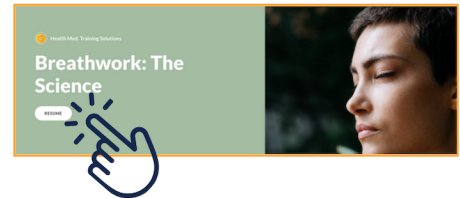
3 Two Clickable Options to Begin

Click on the first subheading



Click on the 'Discover More' or 'Start Now' button

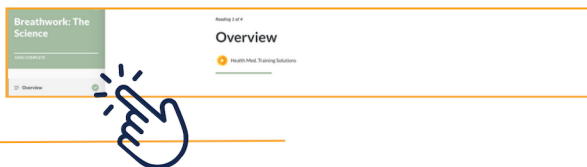
OR



4 Click on the 'hamburger' to view the course in full screen



5 To see your progress in each section (Your place will automatically be remembered)



6 To exit the course click the 'Close' button or X in the top right

