



Performance Breathing Essentials

The **Performance Breathing Essentials** course is an introduction to the basics for proper breathing required for optimal stamina, performance, oxygen supply, and arousal management.

You can think of this course as a **Quick Start Guide** on the basics of proper breathing mechanics and breathing control. You will immediately be able to:

1. Utilize the breathing techniques taught in this course *and*.
2. Learn how to instantly implement these breathing skills in the competitive cycle (practice, pre-competition, competition, and recovery).

Course length: 40 minutes

Cost: \$45

Learning Approach and Tools

- Video introduction to basic “neuro concepts” that explain the brain/body balance for healthy high performance
- An easy-to-use protocol to determine your nervous system’s readiness state
- 4 Breathing exercises to improve breathing mechanics, control, and anxiety management
- 3 Downloadable “Quick Reference Guides” for the assessments, exercises, and implementation strategies so you can use your training right away!