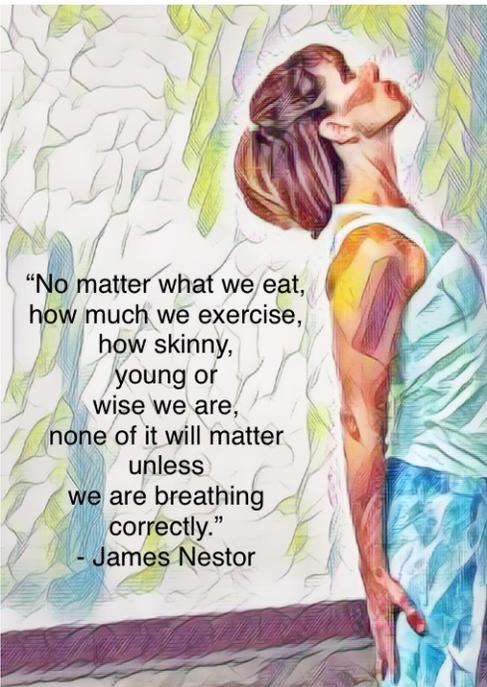
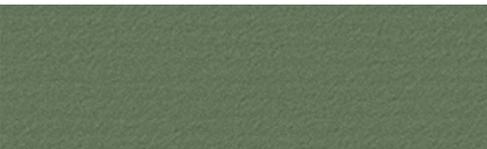


Kim Kraushar

Breath By Design



"No matter what we eat,
how much we exercise,
how skinny,
young or
wise we are,
none of it will matter
unless
we are breathing
correctly."
- James Nestor

Throughout my 25+ year career as a mindful movement educator, I've not only developed a deep passion for the study of mind and body, I've cultivated an experiential practice that embodies ancient and contemporary mindful movement disciplines.

Using both science and a commitment to embodied movement as inspiration, I've created many innovative and effective programs for my students and for professionals around the world to share with their communities.

Over the last few years, I've taken a deeper dive into researching all topics breath-related - physiology, biomechanics, biochemistry, neurology (*you get the idea*)... along with a wide array of techniques centred around the concept of breath optimization for improved health & performance.

Benefits of Breath By Design

(a fully guided online breath-driven program)

- ~ understand the science and benefits of a conscious breath practice
- ~ improve mental clarity, manage stress and anxiety
- ~ improve decision-making capacity
- ~ unleash more energy for physical activity
- ~ improve sleep
- ~ develop intuitive eating skills for healthy weight management
- ~ and much, much more!

Many of these very basic breathing concepts are not yet widely communicated, incorporated or simply valued as common practice - across the board in all realms of health and fitness. This is a huge personal and professional opportunity that's not only "under our nose", it literally IS our nose!

Breath by Design is my contribution to share well-documented, well-researched breathing concepts and teach simple breathing exercises in stillness and in motion to powerfully influence mental and physical health and vitality.

I hope you'll see and agree that making time for a breathing practice could be one of the most powerful resources to meet the stresses of our modern lives. Join me on the Breath Revolution - explore, unlock and share the innate wisdom of our design!

KIM KRAUSHAR

B.Sc. Kinesiology

Merrithew Master IT

creator of Breath By Design

kim@breathbydesign.ca

www.breathbydesign.ca

instagram- kimkrausharfitness

facebook - kim.kraushar