

GET FITTER, GET CLEARER, GET CONNECTED

BREATHGURU.COM - YOU are the Peak Experience

Most of us realise that there is a direct link between how we breathe and our level of health and happiness. By working consciously with our breath we can reach our optimum health potential. Transformational Breathing, the most contemporary of breath therapies helps access 100% of the respiratory system and brings the body's innate healing system fully online.

Alan Dolan, of www.breathguru.com, the UK's most popular facilitator of Transformational Breathing, is now offering Breathing Space Retreats for you to enjoy private daily breathing sessions in the untouched surroundings of North West Lanzarote.

'Virtually every human condition can be improved simply by drawing a fuller breath. Transformational Breathing works at a cellular level and when our cells become healthier our body does too. Accessing a full breath starts a recalibration process which affects every part of our physical system and way way beyond. A session has been likened to two years of traditional psychotherapy rolled into 90 minutes' Says Alan.

Health Benefits

At least 80% percent of our metabolic energy comes from breathing and 70% of our waste products are expelled through the breath. With the majority of us only using 25% of our breathing capacity, TB encourages an increase in lung capacity and enables us to experience innumerable benefits.

Making full use of the lungs delivers more oxygen and energy to our cells thereby ensuring that they work at optimum efficiency. Quite simply, cellular health = bodily health.

Transforming the physical

Physical maladies such as asthma, allergies, headaches, heart conditions, high blood pressure and obesity can be caused or worsened by poor breathing. Learning healthier breathing habits is a huge step to improving physical health including:

- * Weight Loss - Fat leaves the body through one means and one means only - via the carbon dioxide expelled when we exhale. Therefore somebody with a weight issue also has a breathing problem.

- * Boosting immune system.

- * Science has long since revealed that cancer cells can not survive in highly oxygenated environments therefore superoxygenation is a priceless tool for anyone living with cancer or indeed wishing to avoid it in the first place.

Immediate physical benefits also include a dramatic rise in energy levels, elimination of tiredness, improved circulation and better respiratory health.

Transforming the mental and emotional

'Experience lower levels of anxiety, stress or depression. By removing the emotional underpinning holding those patterns in place together with an improved ability to breathe through uncomfortable emotions and experiences we allow our buildup of suppressed and repressed material to exit the body.'

'Turbo Psychotherapy' Sunday Times Feb 2010

Transformational Retreats

The natural healing energies of volcanoes, refreshing oceans and vast sky-scapes of the island deepen the overall experience and allow you to connect with new sensations of stillness and deep relaxation.

Alan visits the UK on a monthly basis to offer 1 to 1 Transformational Breathing sessions and workshops at The Special Yoga Centre, Kensal Rise, London and offers the Breathing Space holidays from Lanzarote all throughout the year.

"Alan is a master practitioner of breath therapy"

The Barefoot Doctor Ibiza/London

BREATHING SPACE RETREAT

1 night 295.00
2 nights 395.00
3 nights 495.00
4 nights 595.00
5 nights 675.00
6 nights 750.00
7 nights 800.00

Add 90 Euros per day for business executive intensive (twice daily one to one sessions)

The natural healing energies of volcanoes, refreshing oceans and vast sky-scapes of the island deepen the overall experience and allow you to connect with new sensations of stillness and deep relaxation.

Prices include accommodation overlooking beautiful gardens, private pool and volcanoes, private consultations, a breath session everyday, airport transfers and a FREE ticket to the most heavenly place on earth!

Ryanair fly from 9 UK airports to Lanzarote on a daily basis

'More than a detox, it's a soul tox - the peak experience is YOU'

To learn more about this life changing vacation please contact us directly on

info@breathguru.com

Press enquiries please call

Aimee Hartley at

aimee@fitpr.co.uk

SKYPE: aimee.hartley

or 07826205163

www.breathguru.com

*<http://www.breathing.com/articles/longevity.html>