

01 BREATHING FOR SUSTAINABLE GROWTH

The modern workday is multifaceted, constantly activating both body and mind. Some days bring energy and motivation, while others feel overwhelming. Stress builds up, focus slips, and emotions run high.

Here's where the breath comes in. As one of the body's most effective tools for regulation, breathing has been proven to have a significant impact on overall health, mental clarity, and the nervous system.

With the right techniques, it helps employees return to calm and balance — building a resilient stress response.

Proven benefits of diaphragmatic breathing (“belly breathing”):

- Reduced stress and overwhelm
- Improved emotional regulation, problem-solving, creativity, and presence
- Greater clarity, collaboration, and calm in the workplace
- Optimized oxygen uptake and lung capacity equals better health
- Stronger cardiovascular and immune health

Your team will learn simple, research-based exercises they can use anytime, anywhere — boosting wellbeing, focus, team building, and problem-solving capacity at work.

The session is led by Fredrik Fernando Austad, certified Breath Therapist and co-author of “Exhale – Simple Techniques for Balance and Inner Calm”.



02 BREATHING FOR SUSTAINABLE GROWTH

Offers

Lecture on Breathing and Stress Management

This talk is a hybrid format, combining lecture, easy and active practice, and reflection.

We cover:

- Breathing and the nervous system – how are they connected?
- Positive vs. negative stress – and what can we do about it?
- Breath as a regulator – practical exercises
- Mindfulness for active listening – exercises
- Dialogue and communication for change
- Where do I start?

Duration: 60+ minutes

Price: 2 130 EUR

Practical Breathwork for Companies – Guided Class

A practical session where employees are guided through different breathing techniques that are directly applicable in the workday.

The class includes techniques for:

- Downregulating stress
- Balancing the nervous system
- Activating focus and energy

Duration: 60 minutes

Price: 720 EUR for companies with up to 20 participants, plus 30 EUR per additional participant

For larger companies, we can create a tailored package.

Discounts are available when booking multiple sessions.

