

# Kalvin Smith

## “High Performance Living”

### Breathwork for High Performance and Rejuvenation Relax, release tension and re-energize

#### Purpose

#### High Performance Breathwork:

Life's challenges often leave us feeling stressed and under threat (mentally, emotionally and physically). This can affect our natural breathing patterns because we unconsciously start to suppress and hold our breath when we believe something bad is about to happen. This can result in illness, depression, lethargy and physical aches and pains. Breathwork can offer relief from this behavioral cycle.

Breathwork for High Performance is a practical hands-on workshop. Participants are actively encouraged to experiment with the exercises and principals presented during the program.

#### Program profile:

Program format and duration: 6 hours - segments of 1, 3 or 6 hours  
Previous experience required: None  
Recommended fitness level: Suitable for all fitness levels  
Recommended clothing: Track pants, T-shirt  
Recommended equipment: Yoga mat or beach towel (optional)

#### Specific learning outcomes include:

Learn how to incorporate simple breathing techniques into your daily life. Mindful breathing can help you relax, release tension and cultivate a state of “relaxed awareness”.

#### Who should come to this session:

- Anyone who wants to learn how to minimize stress and fatigue.
- Anyone who is interested in personal development and self-knowledge.
- Anyone who struggles with stress management.

#### Benefits of the course:

- Gain valuable insight into your behavior patterns and feelings.
- Reduced anxiety.
- Reduced stress levels.
- Feelings of genuine contentment and self-acceptance.
- Deep relaxation and improved sleeping patterns.
- Assistance in healing emotional issues and wounds.
- Greater self-image and self-esteem
- Improvements in general health and recuperative abilities.
- Mental clarity.
- Heightened situational awareness.
- Assistance with blood pressure management.