

## **Breathe Yourself Back to Centre**

In times of stress, your breath can bring you back to your centre — to a place of calm and clarity. Breathwork helps you move through difficult emotions more easily, unlock your flow, and connect with your potential. It expands awareness and reminds you that everything you need is already within you: ease, confidence, and trust.

Each session begins with a life coaching conversation to help you gain clarity around your current situation. Opening the mind beforehand allows the breathwork to have a more focused and powerful impact.

With over 15 years of experience, I create a safe space where deep transformation can unfold.

I encourage people to go deeper and reconnect with their authenticity — with who they really are — so they can move forward into more happiness, ease, and joy. For me, breathwork remains one of the most effective tools for overcoming challenges and developing inner strength and presence.

**Give it a try — and be surprised!**

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## **Pricing**

I charge for the time required. The duration may vary depending on the length of the coaching conversation and the breathwork process.

- 60 min | 130 CHF | coaching session (on site or online)
- 90 min | 180 CHF | full coaching & breathwork session
- 120 min | 220 CHF | full first coaching & breathwork session combined

Additional time: 60 CHF / per ½ hr

Sessions are held at my space in Curio, Ticino. I'm also available to travel to your home or office, or to rent a space elsewhere in Switzerland at specific times during the month, which I can suggest in advance.

Travel time is charged at 40 CHF per ½ hour. Travel or rental costs will be discussed and agreed upon individually.

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## **Appointment Cancellations**

Appointments are considered firm once booked. If you're unable to attend a scheduled session, I kindly ask that you let me know as early as possible. For cancellations made less than 48 hours in advance, or in the case of no-shows, the time will be charged. Thank you for your understanding.

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## **Clothing**

Please wear comfortable clothing or bring track bottoms that allow you to breathe and move freely.

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## **Health**

Kindly inform me of any injuries, specific medical conditions (such as asthma or heart problems), or if you are pregnant.