



SUSTAINABLE PERFORMANCE & STRESS MANAGEMENT

FOR THE WORKPLACE AND BEYOND

WHERE THE MIND AND BODY MEET

”

**Only when
the breath is
calmed can
the mind be
calmed.**

--Patrick McKewon

Stress is at the
crossroads of mind and
body. So is breathing.

With the average human
taking 20,000 - 25,000
breaths daily, it doesn't
take a genius to
understand how deeply
our breathing pattern
influences our state.



Griffin Coombs

Griffin Coombs is a functional breathing coach specializing in sustainable, long-term solutions to chronic stress & anxiety through breath science.

He runs The North Star Body, where he helps 1:1 clients remove stress, anxiety, and joint pain as barriers to performance.



CREDENTIALS

- **Breath Science Practitioner**
Performance Through Health
- **Advanced Breathing Instructor**
Oxygen Advantage®
- **Integrative Health Practitioner**
IHP Institute
- **Performance Breathing Coach**
Extreme Performance Training™
- **Trauma Informed Coach**
The Centre for Healing



THE WORKSHOP

While this workshop is customizable to your company's goals and needs, it does always contain certain key features to ensure that the return on investment extends well beyond the workshop itself.

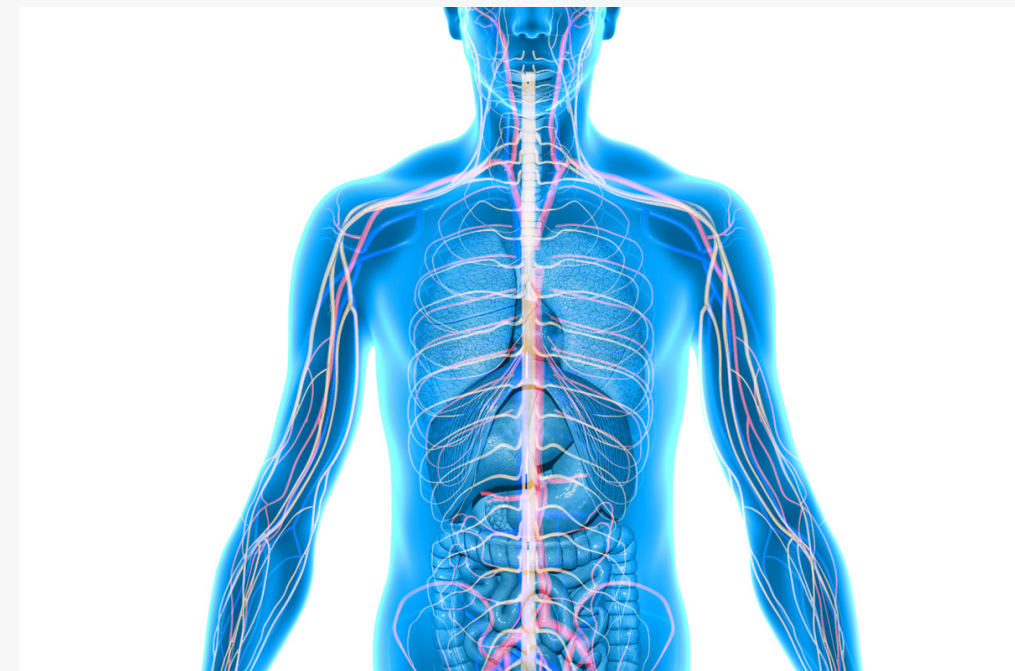
Interactive Experience



Practical Takeaways



100% Science Based



Education for Understanding



INTERACTIVE EXPERIENCE

This is as self-explanatory as it gets.

Everyone in the workshop will be guided through the essential practices so that they have a reference point for applying them to their lives regularly.



PRACTICAL TAKEAWAYS

Your typical “breathwork” session can be powerful, but its impact almost never extends beyond that hour.

Our workshop leaves participants with repeatable, sustainable practices that can impact their nervous systems in the long term.



100% SCIENCE

Another thing that separates this workshop from the rest is that it is rooted firmly in respiratory physiology.

While we believe there is a place for the metaphysical, we want you to be confident knowing that there is concrete evidence to support everything we're doing.



EDUCATION

It's difficult to commit to a practice if you don't know exactly why you're doing it.

Participants can confidently go into any recommended breathing practice with an understanding of how to prioritize it and how it can help them in and out of the workplace.



CONTENT OVERVIEW

90-min virtual workshop

Foundations of breathing mechanics

Nervous system regulation

Intro to breath biochemistry & stress tolerance

Prepping for high performance

Practical: Mechanics, stress tolerance, downregulation

Q & A

OUTCOMES

Participants will be able to...

- Identify states of hyperarousal and use appropriate techniques to downregulate.
- Identify and perform key components of functional breathing mechanics
- Use their understanding of biochemistry to train stress tolerance via "air hunger."
- Create a breath practice routine to prepare for high performance, recover from stress, and develop long term functional breathing.



CONTENT OVERVIEW

60-min virtual workshop

Foundations of breathing mechanics

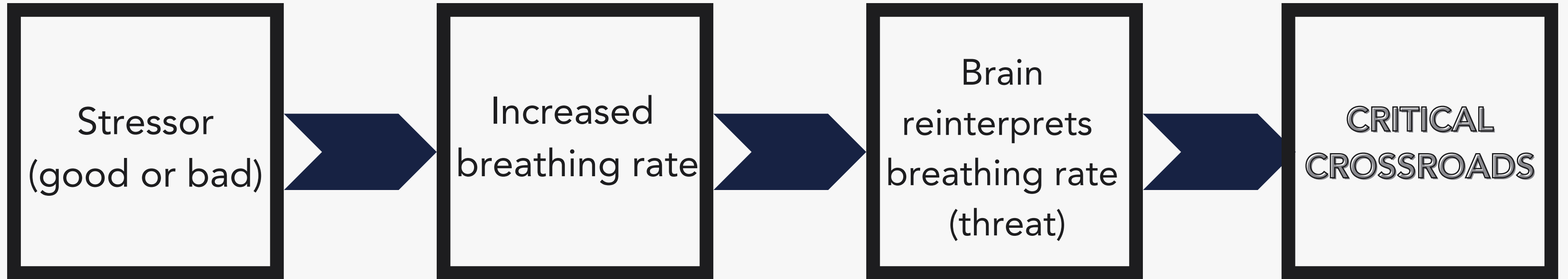
Nervous system regulation

Prepping for high performance

Practical: Mechanics downregulation

Q & A (time permitting)

HOW BREATHING AFFECTS WORLDVIEW (SAMPLE)



HOW BREATHING AFFECTS WORLDVIEW (CONT.)

RECOVERY FROM STRESS

DISCHARGE
STRESS

CRITICAL
CROSSROADS

CHRONIC
HYPER-
VENTILATION

NERVOUS SYSTEM
DYSREGULATION

SAFETY &
REGULATION

CHRONIC
THREAT
DETECTION

OPENNESS,
CREATIVITY,
CONNECTION

FEAR,
RESISTANCE
TO CHANGE

PRICING

90-min virtual workshop

640 USD

60-min virtual workshop

500 USD

Note: Pricing is negotiable based on adjustments to content and length of workshop. Please contact us directly for customization discussion.

CONTACT

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