



10 minutes, un livre : Respiration et breathwork au travail

Course completed by Brahim BOUSNGUAR

Dec 30, 2025 at 07:39AM UTC

Top skills covered

Health & Wellness

Shea Hanson, Head of Learning Content Strategy



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Program: PMI® Registered Education Provider
Provider ID: #4101
Activity #: 4101UFMECP
PDUs/ContactHours: 0.25
Certificate ID:
5754b2b2e18bc7860417e6d85b906a483c7506ceec150fd466a3f250d6fe1c8a

