



10 minutes, un livre : Respiration et breathwork au travail

Course completed by Brahim BOUSNGUAR

Dec 30, 2025 at 07:39AM UTC • 15 minutes

Top skills covered

Health & Wellness

A stylized, handwritten signature in black ink, appearing to read "Shea H".

Shea Hanson, Head of Learning Content Strategy



Certificate ID: 19cdc2d4ed29161adda7324759d408b23db0dc290b6b8d65279063f0a1ff60e5