



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

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

Shea Hanson, Head of Learning Content Strategy



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Program: PMI® Registered Education Provider
Provider ID: #4101
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