



# Reduce Tension with Breathwork

Course completed by  
Sep 09, 2024 at 02:37PM UTC • 33 minutes

Top skills covered

Breathwork

Stress Management

A stylized, handwritten signature in black ink that reads "Dan Rodnitzky".

Head of Global Content, Learning



Certificate ID: 7852a39508c4f76ff07d8117c2889a4349b8fe481bccca36e1066ac307c6bd9ee