**Breath Work: Optimise with the Elixir of Life**

**Brief Description:**

Optimise with the Elixir of Life is a research-based course exploring breathwork’s scientific and therapeutic benefits across four modules. It covers the impact on the autonomic nervous system, mental health, and cardiovascular health, blending ancient techniques like Pranayama with modern methods from pioneers such as Wim Hof. The course highlights the advantages of nasal breathing, offering evidence-based practices for clinical use. Participants also receive a self-assessment questionnaire and a research paper summary for deeper understanding.

**Learning Objectives:**

* Understand the Physiological Effects: Learn how breathwork impacts the autonomic nervous system, cardiovascular health, and mental well-being, and explore its practical clinical applications.
* Examine Modern Techniques: Analyse breathwork methods developed by pioneers like Wim Hof, Stanislav Grof, and Patrick McKeown, focusing on their unique contributions and clinical benefits.
* Explore Ancient Practices: Investigate the connections between ancient breathwork practices such as Pranayama, Taoist breathing, and Sufi traditions with modern scientific understanding, discussing both their physiological and spiritual benefits.
* Explore Nasal Breathing: Study the specific benefits of nasal breathing for improving respiratory health, mental clarity, and longevity, and learn how to integrate these techniques into clinical practice to enhance patient care.