



Breathwork
Africa

Project Inspire

Empowering young people
one breath at a time



Conscious breathwork is a set of breathing techniques that serve as an empowering and immediately effective tool which:

Supports self-awareness and self-regulation

Is easy to teach and apply

Is fun to integrate into home life, the classroom, creative spaces and on the sports field

Can be adapted for any age and applied in any situation

Why breathwork is powerful

Immediately calms the stress response

Builds capacity to hold attention and
focus

Helps children to stay grounded and tune
into the signals in their body

Empowers children to express their
emotions without suppression or
overwhelmed



Supports deeper and more restorative sleep

Enhances creative thinking

Builds confidence, self-esteem, tolerance
and patience

Creates a deeper connection in the family





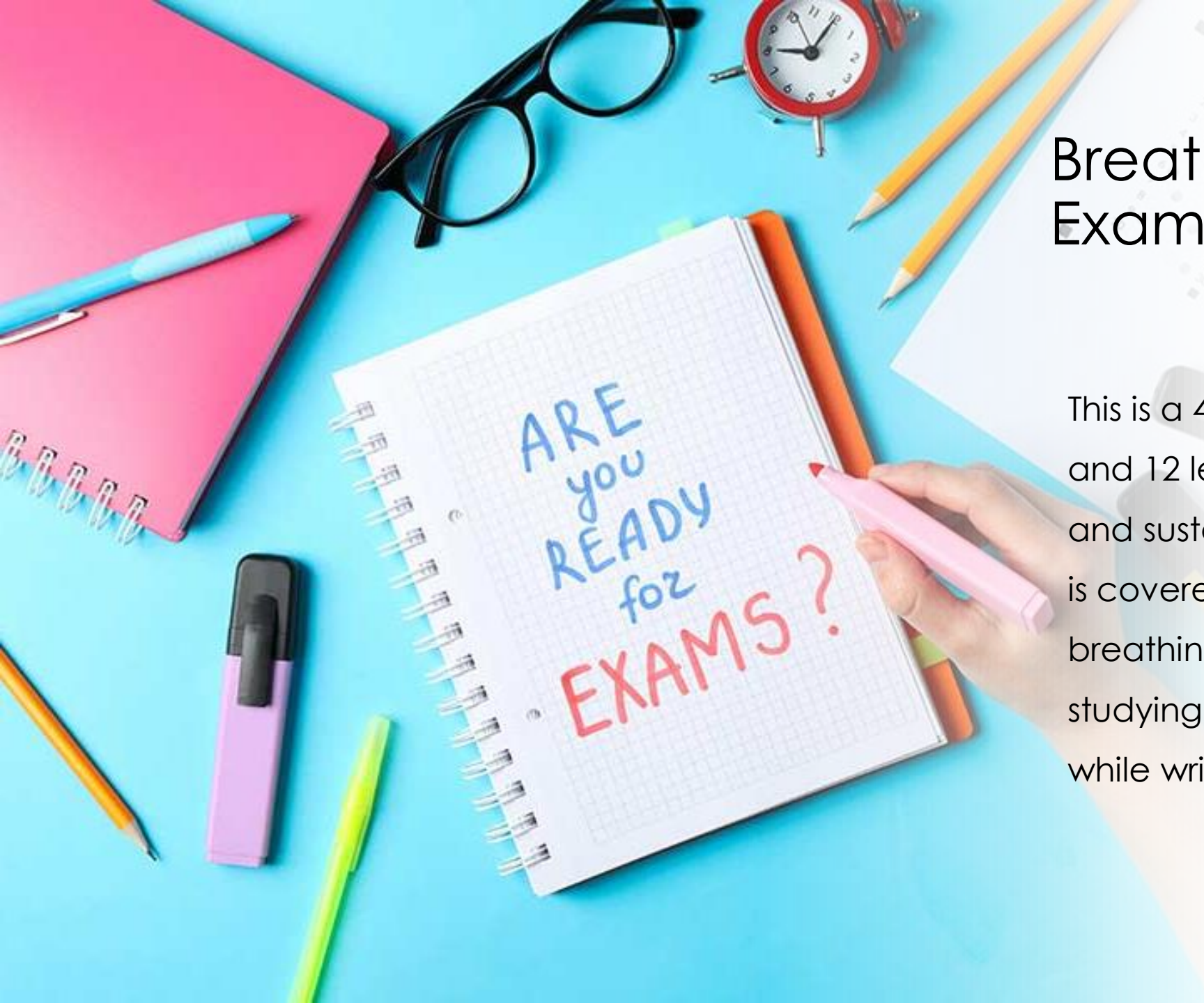
Calm in the Classroom

A 4-session program (30-minute sessions) for 3- to 13-year-olds where they learn breathing techniques in a fun and visceral manner to embed in brains and bodies to help with body awareness, focus, regulation, and big emotions.

Toolkit for Teens

A 90-minute workshop for young people to understand what is happening in their brain and body and how conscious breathing empowers them to manage overwhelm, anxiety, emotions, and impulsive outbursts. The session includes theory on science of the brain and emotions and breathing techniques to manage these challenges.





Breathing through Exams

This is a 45-minute session for Grade 11 and 12 learners to support calm focus and sustained attention. Some theory is covered related to brain waves and breathing techniques to assist when studying, preparing for exams and while writing exams.



Anxiety and Overwhelm

A 60-minute session for 13- to 21-year-olds where we discuss anxiety, what it is, what it isn't, how to dissipate it, breathe through it and build resilience before anxiety results in panic attacks or other destructive behaviour.

Breathing through a School Day

A 90-minute session specifically for educators to support their personal energy management and how to bring breathing into the classroom setting to support both themselves and their learners.





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BREATH I[®]
C A F E



breathing
buddies

Founded by medical doctor, Dr Ela Manga, Breathwork Africa is a social enterprise, and community network committed to sharing the art and science of conscious breathing as a tool for physical health, mental health, resilience, growth, community building and connection to nature.

Our aim is to create greater awareness of breathwork on the African continent through one-on-one work, talks, workshops, and training of breathwork practitioners of an international standard. Our training is accredited by the Global Professional Breath Alliance and the International Breathwork Foundation.

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