

What is functional  
breathing re-patterning?

## *What is Dysfunctional Breathing*

Dysfunctional breathing, also known as a Breathing Pattern Disorder (BPD), is when we unconsciously develop alternate patterns of breathing that are not conducive for our health. Due to a downward spiral, these patterns become chronic, leading to a multitude of health issues.

## *What is Functional Breathing Re-Patterning*

A practice of guided breathing exercises, mindfulness & restoring correct function of the diaphragm. Increasing your body's tolerance to carbon dioxide & to comfortably develop a slower, lighter breathing pattern.