



LIVE WEBINAR WITH TOTAL BRAIN

Feel Lighter Instantly with Breath Training

Short exercises to enhance life skills



TUESDAY, OCT 21 | 1:00PM EST

ABOUT THIS WEBINAR

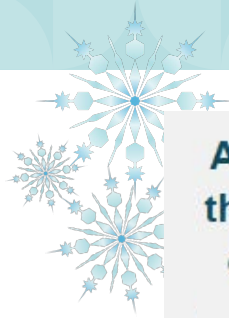
72% of people globally feel mentally exhausted by mid-year, driven by work overload, constant distractions, and emotional strain. Yet most breathing advice stops at “take a deep breath and just relax.” This session is different. You’ll learn short, science-backed breath techniques—live and in real time—that deliver immediate results when you need them most. Whether you’re spiraling into negative thoughts, overwhelmed under pressure, or struggling to focus, you’ll discover how to reset fast—anytime, anywhere.

Attend This Webinar To Learn How To Win a Fit-Bit! (25 winners)

[Register Here](#)

In this webinar, you’ll learn:

- ✓ Conquer end of year stress with fast-acting breath hacks that trigger calm and sharpen focus in the busiest moments.
- ✓ Boost energy naturally using oxygen-rich breathing patterns that fight fatigue and fire up mental clarity.
- ✓ Improve sleep with slow, steady breathing that lowers cortisol and gently quiets the mind.



Attendees will learn how they can have their name entered to win a Fit-Bit



There will be twenty-five lucky winners!