



Angie & Shane Saunders

Founders of Breathe Me, Award Winning Authors, Executive Breathing Coaches, International Speakers and Hosts of The Breathing Edge Podcast.

"Breathing is not just for survival, it is a keystone to personal evolution."



BREATHE ME

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These two get great joy from guiding people through simple yet powerful breathing techniques to improve the human experience and create a life worth breathing for.

Shane's experience starts with 13 Years in the Australian Defense Force, military training at the highest level, SAS, tactical assault, special forces, and military duty in the Middle East.

Angie left working in Los Angeles with some of Hollywood's top producers to start a new life in Australia.

More than 12 years together, these two share a passion for helping business leaders to lower reactivity and boost the quality of productivity, performance and sleep.

Because how you show up matters. Especially to the people we care about.

TALKING POINTS:

- △ How to quickly lower anxiety and reactivity while increasing creativity and patience
- △ Boost mental clarity and focus for effective decision making
- △ Dysfunctional breathing behaviors that cause unnecessary stress
- △ Breathing as the gateway to personal growth and behaviour change
- △ The link between respiratory fitness and blood pH
- △ How breathing changes personality and moods
- △ How breathing is related to chronic pain and addiction