

Simon Borg-Olivier - Special Breathing Bundle

Introduction to Breath-control Practice

In this online course, I give you an introduction to 'breath-control', which has been practised by traditional cultures all over the world for many thousands of years. In the yoga of Tibet and India, it is referred to as prânâyâma. In China, it is related to the practices of chi gong. This is a very accessible set of practices that can be done by anyone and have very effective results for health, longevity and well-being.

This practices taught in this course are designed to give you energetic and physiological benefits by building up carbon dioxide and breathing into your whole body in a way that is initiated and sustained from your diaphragm.

Intermediate to Advanced Breath-Control Course

This course is for intermediate and advanced practitioners who would like to learn how to practice advanced breathing techniques such as the Valsalva Manoeuvre (the Western medical analogue of compressive bandhas in Indian Pranayama) and the Müller Manoeuvre (the Western medical analogue of expansive bandhas in Indian Pranayama).

Simon will also teach you special types of autogenous hyperbaric oxygen therapy and intermittent hypoxic training. These techniques are highly regarded methods used to improve your immune system.

About Simon



Simon Borg-Olivier MSc BAppSc(Physiotherapy) APAM c-IAYT has been teaching how to use posture, movement, breathing and mental control for health and well-being for 37 years, while also treating people as a physiotherapist. His unmatched wealth of knowledge comes from merging modern medical science with what he learned from great masters in Tibet, India, Japan and China.

We recommend that you do Simon's beginner course first, unless you've studied breath-control somewhere else and have been practicing at least for a year.

The course is pre-recorded and it includes site lifetime streaming access.

