



**A.R COACHING
ACADEMY**

By Abdur Rehman

Breathwork

(Breathwork refers to various techniques of breathing in order to calm your emotions down)

When it comes to Stress and Anxiety the root cause lies in misunderstanding of life events and the world around us. It takes time to clear out these misunderstandings. Breathwork is a quick way to provide temporary relief whilst you are still working on eliminating the origin of the pain with counselling and coaching.

Coaching Tip:

A great way to calm and relax your client is to take them through a variation of breath work. There are different types of techniques and ways to Utilise breathing in order to take your brain to higher frequency. Here is a [Video](#) and [PDF](#) to understand the basic example I use with my clients