

# ABOUT

Respira comes from a Latin Word, *Respirare*, meaning **to breathe**. I picked this name from respiration or the process that provides energy to cells for staying alive. So, by extension, Respira stands for —

***Energy. Strength. Courage. Recovery. Hope.***

Something that's part of each one of us, but, **which only shows when we become conscious about it**. And that's what this is all about.

Being aware. About your Body. Thoughts. Feelings. Inside and outside. Which is possible by being conscious about —

***Every breath you take...***

**CTA - 1  
DISCOVER**

*[link to services page]*

[IMAGE]

## MY STORY

*Hi, I am your coach, Aigul.*

I have always been breathing 😊 — but discovered much later what it *really* means to breathe. This is my story. And how Respira came into being.

I used to be a quiet girl but had noisy thoughts. I lacked self-confidence, was trying to please everybody, worked [insanely] hard, without rest, without self-care, without consciousness about what I was doing and how. Till I burned out. A massive crash and my inner self crumbled.

Only to come to a realisation that things needed to be changed. That I couldn't go on in this endless loop forever. That I needed to understand my true purpose and embark on a journey to discover myself. That's when I came across BREATHWORK.

And it so happened — That night, during one of my Moon-trekker races, I was about to call it quits. The reason? Well, I was prepared physically, but mentally, I just didn't have that strength. But, thanks to breathwork, I not only completed the race, but I **WON IT!** Just image if I had quit that race that night... I guess life has its own mysterious ways of working.

Becoming a professional breathwork coach wasn't part of the plan, honestly. But, I followed my intuition, passion, and inner calling. And things did start to get better. From a chronically tired, burned-out event organiser, I transformed into an empowered, peaceful entrepreneur. I felt the impact that this made on me, and so, I started to train people in breathwork to:

- Be aware of within and without.
- Take control of everything in their lives.
- Help them be healthier, happier, calmer selves.

And hey! It wasn't a matter of just a few months. This is still an ongoing process. I've my downtimes too, which I know is temporary. But, you know what...

*It's okay to feel the emotions, acknowledge your thoughts, and cry a bit if you want to. But, just remember, to use your vital source of energy, **your breath**, to take control and keep going on.*

You absolutely got this.

Just Keep Breathing...

A.

**< INSERT PHOTOS OF CREDENTIALS: LOGO, CERTIFICATE, ETC. >**

*Aigul is a certified breathwork practitioner who graduated from the [International Centre of Conscious Breathing Studying and Practicing](#), part of Global Professional Breathwork Alliance (GPBA). She is also a Breathe™ Certified Coach trained under [Dr Belisa Vranich](#), a renowned clinical psychologist & leading expert in mental health and fitness. She is currently getting certified in the Rebirthing Breathwork Method.*

## **MY EXPERTISE**

### **Performance Breathwork**

Training for your next race? Shifting careers? I'm here to empower you and help you manage your most powerful resource – your breath!

### **Rebirthing Breathwork**

If you need a major physical, emotional, and mental declutter, the rebirthing method is the best option for you to dive deeper and do greater work.

**CTA - 2**

**BREATHE WITH RESPIRA**

**Join My FREE Facebook Community & Make Your Breath Your Superpower!**

# SERVICES (Breathe With Me)

**Empower Your Day.  
Engage With Self.  
Elevate Your Life.**

**...with the power of breathwork.**

## **CTA - 1 OWN YOUR BREATH**

**Sign Up for my EXCLUSIVE 6-Week Breathwork Program**

### **What is Breathwork?**

*Inhale...  
Slowly. Gently. Deeply.  
...Exhale.*

THIS is breathwork. Yes, but it is more than just breathing. Let's understand this concept a bit...

Breath is the very essence of life, and respiration is the process that provides energy to every cell in our body for staying alive. So, Breathwork specifically is about **being conscious of every breath you take from all the dimensions** — physical, emotional, mental, and spiritual.

And the best part: **it can be practised by anyone, anywhere, anytime.** All you have to do is be conscious and take charge of your life by being in control of your breath.

### **Breathwork is for...**

<b>For Individuals</b>	<b>For Athletes</b>	<b>For Groups</b>	<b>For Corporates</b>
Have specific needs & goals that you want to achieve? Book a personal session with Aigul.	Want to improve performance & endurance? Sign up for this advanced breathwork class.	Organising workshops for friends, family, or peers? Contact for special breathwork group classes.	Need your teams to be more productive and mindful? Conduct breathwork workshops at your office.
Includes: <ul style="list-style-type: none"><li>• Assessment</li><li>• Exercises</li><li>• Daily Home Practices</li></ul>	Includes: <ul style="list-style-type: none"><li>• Assessment</li><li>• Set of Tools to Boost Breathing Mechanism</li><li>• Tailored Session to Work on Post-recovery</li></ul>	Includes: <ul style="list-style-type: none"><li>• Assessment</li><li>• Exercises</li><li>• Group Meditation Sessions</li></ul>	Great for: <ul style="list-style-type: none"><li>• Wellness Series</li><li>• Team Building Activity</li><li>• Lunch &amp; Learn Sessions</li></ul>

*\*Classes can be conducted either in-person or online. On-demand recorded sessions also available.*

### **Choose the Duration of Your Classes**

Get A Taste	Build A Habit	Own Your Breath
[3 Weeks]	[6 Weeks] <b>Recommended</b>	[9 Weeks]
\$\$	\$\$\$	\$\$\$\$

**What you'll get in each package –**

1. Weekly 45-minute LIVE Session (Sunday @ 1200 GMT)
  2. SPECIAL Monthly New Moon Class
  3. Access to On-Demand Classes for 2 weeks
  4. Optimal Breathing Skills & Mechanisms
  5. Short Meditation Session in every class
  6. Exercises Suitable for ALL Levels & People
  7. Supportive Community <3
- ... and more!

**CTA - 2**  
**BREATHE WITH RESPIRA**

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## Why Breathwork?

Breathwork is an active form of **modulating your breath**. It is re-educating the body for utilisation of the bio-mechanically sound and anatomically correct way of breathing while impacting every bodily function. It has been endorsed by Navy SEALs and law enforcement as an essential skill-set of the future and is popular with top Silicon Valley executives seeking an edge in their high-performance lifestyle. It helps to:

1. Achieve Peak Performance
2. Manage Stress and Anxiety
3. Improves Immune System
4. Regulates Nervous System
5. Retrain Postural Imbalances
6. Improve Breathing Efficiency
7. Enhance Athletic Performance
8. Neural Calming and Stimulation
9. Movement and Mobility Improvement
10. Post Covid-19 Lung Strengthening
11. Oxygenation Maximisation for Rehabilitation
12. Boost Energy and Focus

*< include icons for each benefit > - grid-style.*

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**For enquiries, shoot a mail to:**  
**[aigul@respira-breathwork.com](mailto:aigul@respira-breathwork.com)**

*New sessions, groups, and special classes adding soon. Follow this space for more.*

# HOME

[Heading]

## Make Your Breath Your Superpower

[Subheading]

Let Go of Your Stress & Anxiety  
Optimise Your Health & Reach Peak Performance

### CTA - 1 BREATHE WITH RESPIRA

*[link to services page]*

## WHAT IS BREATHWORK?

Breath is the very essence of life, and respiration is the process that provides energy to every cell in our body for staying alive. Breathwork, then, is an active form of modulating your breath. Specifically, about **being conscious of every breath you take from all the dimensions** — physical, emotional, mental, and spiritual.

## WHO IS THIS FOR?

For Anyone. Anywhere. Anytime.

For Individuals	For Athletes	For Groups	For Corporates
Have specific needs & goals that you want to achieve? Book a personal session with Aigul.	Want to improve performance & endurance? Sign up for this advanced breathwork class.	Organising workshops for friends, family, or peers? Contact for special breathwork group classes.	Need your teams to be more productive and mindful? Conduct breathwork workshops at your office.

*\*Classes can be conducted either in-person or online. On-demand recorded sessions also available.*

### CTA - 2 OWN YOUR BREATH

Sign Up for my EXCLUSIVE 6-Week Breathwork Program

## WHY IS BREATHWORK IMPORTANT?

People say: *Just Keep Breathing*. But...

We need to understand that it is not only mechanical. Breathing is also **naturally spiritual**. So, yes, Breathe... **like you were meant to do – before you became an adult**. (*Surprisingly, we lose the right breathing habits after the age of 5!*)

Breathing, if done properly, would help to:

1. Manage Stress and Anxiety
2. Improve Immune & Nervous System

3. Retrain Postural Imbalances
4. Enhance Work Performance
5. Post Covid-19 Lung Strengthening
6. Oxygenation Maximisation for Rehabilitation
7. Boost Energy and Focus
8. Lead Calmer, Happier, Healthier Life

< include icons for each > - *grid-style.*

## AS SEEN AND BREATHED IN

<clientele>

## ABOUT

Hi! I'm your breathwork coach, Aigul. Becoming a professional breathwork coach wasn't part of my plan, honestly. But, I followed my intuition, passion, and inner calling. From a chronically tired, burned-out event organiser, I transformed into an empowered, peaceful entrepreneur by discovering and practising breathwork. I felt the impact that it made on me, and so, I started to train people in breathwork to:

- Be aware of within and without.
- Take control of everything in their lives.
- Help them be better, happier, calmer selves.

**CTA - 3**  
**LEARN MORE**

*[link to About page]*

## WHAT CLIENTS SAY?

[include shuffling snippets]

CTA – Read More

<link to testimonials page>

## Be. Here. Now.

<Live Instagram Feed>

**CTA - 4**

Get **FREE** Audio with Guided Breathing Exercise

**DOWNLOAD NOW**

## FOOTER SECTION

List of Pages (for easy navigation)

Social Icons

Email: Write to me

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