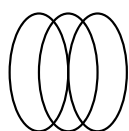


INSTITUTE  
NEVSAH



ULTIMATE HEALTH FORMULA



BREATH

**Breath means life.** But the breath that carries life through our bodies has never been more challenged than it is today. Dysfunctional breathing habits are one of the most important reasons why millions of people today feel tired and exhausted, and suffer from many health problems.

Symptoms related to improper breathing habits such as sleep problems, stress, anxiety, panic attacks, attention deficit, migraines, chronic fatigue, learning and focusing problems, can improve spontaneously by adopting healthy and functional breathing habits.

Breathwork is an ancient science. It has been used as a fundamental healing method for centuries in the Vedic tradition, Sufism, Taoism, Shamanism, Christianity, martial arts and many other religions, teachings and philosophies.

The methods we practice today were used in ancient civilizations such as Egypt, Mesopotamia, Ancient India, Peru, Ecuador, Colombia and all over the world.

In the Ultimate Health Formula, you will change your life by transforming your breath.

### HOW THE ULTIMATE HEALTH FORMULA WILL CHANGE YOUR RELATIONSHIP WITH YOUR BREATH?

In this training package, you will learn what dysfunctional or 'wrong' breathing habits are and what changes healthy breathing can bring to your body and mind by keeping the respiratory chemical axis in balance.

This information will also serve as a foundation for those who wish to continue to our Breath Coaching Certificate Program.

We will conduct a detailed breath analysis of you, where we'll identify your individual dysfunctional habits, find their underlying causes, and explore what you need to do to change your behavior.

With the breathing sessions included in your training package, you will have the opportunity to work with your breath regularly every month in a group. With your Breath Hub membership, you will be able to work with your breath regularly every day on your own, and when you come to the two-day Breath Camp, you will be able to transform your breath by using scientific tools such as educational capnography and working one-on-one with experts in the field.

As a result, you will have healthy breath, a stronger immune system, lower cortisol levels and blood pressure, and the possibility to improve your autonomic response to physical and mental stress.



**In the breath there is life,  
there is healing, there is peace. As you get to know  
your breath and heal it, you will transform your life.**

## What awaits you in **The Ultimate Health Formula:**

### THE BREATH COURSE

Online home study course series, 42 videos, hours of Breathwork training, for beginners and also for people who would like to go further with their Professional Breath Coaching Certificate Program.

### FIVE ONE-ON-ONE COACHING SESSIONS

Powerful transformation sessions with an expert coach from the Nevsa Institute to work on areas of your life where you feel stuck.

### LIVE BREATH COACHING FOR ONE YEAR

For 12 months, you will participate in monthly live group mentoring sessions with Nevşah Fidan Karamemet on Zoom.

### BREATHWORK INTENSIVE RETREAT

A weekend retreat (accommodation and all meals included).

### BREATHING LEARNING PROGRAMME

Interactive webinar based assessment, habit analysis and modification sessions (three sessions) with a Certified Breathing Behavior analyst who will work with you and the use of capnography to:

- ✔ Evaluate your breathing behavior.
- ✔ Collect relevant data.
- ✔ Recommend the necessary steps toward achieving your goals.
- ✔ Assist you in overcoming dysfunctional breathing habits.
- ✔ Improve your breathing mechanics and respiratory chemistry by habit modification.

**When you transform your  
breathing habits, your quality of life improves.**

## Topics Covered on the training

- 1 Breath Awareness Exercises
- 2 What Are Dysfunctional Breathing Habits?
- 3 Breathing Physiology
- 4 Breathing Chemistry
- 5 Respiration And How It Works
- 6 Respiratory System
- 7 What is Healthy Respiration?
- 8 Breath Analysis
- 9 How To Work On Dysfunctional Breathing Habits
- 10 Breath Modification Exercises
- 11 Diaphragmatic Breathing
- 12 Nose Breathing
- 13 Mouth Breathing
- 14 Healthy Breathing
- 15 Different Breathing Habits And What They Mean
- 16 How To Change Our Breathing Habits
- 17 What To Watch in Breathing Sessions
- 18 Abc Of Breathing
- 19 Consciousness
- 20 Conscious Work
- 21 Forgiveness Exercises
- 22 Three Levels Of Consciousness
- 23 Projection Exercise
- 24 How To Do Breathwork Sessions On Your Own
- 25 Sound Healing Exercises

I have just completed The Ultimate Health Formula. It's been intensive and I can honestly say there was not one second where I didn't wish I was here. Nevsah is a fantastic teacher and it's been an honour and a joy to learn from her.

Bridget



A big part of this course is learning about how to transform dysfunctional breathing and thinking patterns, which is very refreshing because you learn how to access them through the breath and release them out of the body. She also helps us go deep and find the reason, motivation behind or dysfunctional habits and change them. It's life changing.



Andre

I feel really lucky to have been on this course. Changing my breathing habit changed my life. I feel very empowered going forward with all of this knowledge and information and experience that I've gained on the course.

Kerry



## Bonuses

### A BREATH HUB MEMBERSHIP

A 1-year Breath Hub membership will be given as a gift.

### B AWAKENING BOOK

To support your awakening process, AWAKENING written by Nevsah Fidan Karam Mehmet will be given as a gift.