



Aimee Hartley: Breathwork in Schools



Aimee Hartley is the founder of The Breathing Room and School Breathe programme. She is a certified Transformational Breath Facilitator and yoga teacher. Her passion for breathwork and being a mother of young children beginning their school journey inspired her to create a programme for schools whereby children and teachers learn the importance of breathing well by practicing simple and effective breathwork techniques to enable them to learn how to feel calm, focused, present, and so much more.

TOP EMBODIMENT TIP: To Feel Love And To Feel Present

Filling a Need: Evolution Of School Breathe

- Aimee shares her story of how the School Breathe programme evolved from the early beginnings working with her son's class to now being in 27 schools.
- Discover how people in Aimee's life encouraged and supported her to expand and create a team of breath coaches, mindfulness teachers and yoga teachers.

School Breathe: What Is It?

- Discover what School Breathe is and experience a sample of one of the bite-sized audio and video breathing practices available on the website.
- There are over 50 different practices delivered by a diverse team of coaches.
- Aimee shares practices like Energiser Breath, Hot Chocolate Breath, and Puffer Fish Breath, along with the familiar Box Breathing.
- Guided daily practice Monday-Friday for the whole academic year.
- Creates a ripple effect when children go home and share practices with their families and friends.

Breathing Protocols: Backed By Research

- Schools receive educational resources as part of the programme enabling teachers and students to understand more deeply why a daily breathing practice feels so good.
- Discover the parts of the brain intrinsically linked with the breath and how it influences the parasympathetic and sympathetic nervous systems.
- Nose breathing vs mouth breathing, diaphragmatic vs accessory breathing and much more!

Resources

- ❖ **Books:** *Breathe Well*, Kyle Books, 2020
- ❖ **Courses:** [The Breathing School: Teacher Training for Breathwork in the Classroom.](#)
- ❖ **Website:** [School Breathe](#)



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Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

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