

Emotional balance, clear thinking and vitality

I work with leaders on nervous system intelligence through breath-based practice. Together, we develop your capacity to regulate, recover and access more of your emotional and cognitive range, with a programme tailored to your starting point and goals.

Chronic stress affects how we feel, think and recover

When demands stay high and recovery is insufficient, the effects reach across mind and body: anxiety, irritability and rumination, mental fog and poorer concentration, disturbed sleep, fatigue and physical tension. Over time, chronic stress also places strain on cardiovascular, immune and digestive function.

Our capacity to think clearly, respond with perspective and connect with others depends partly on our physiological state. Nervous system intelligence develops our ability to read and shift that state, build capacity over time and shape the conditions that support it.

Breath is a practical way to regulate and train

Breath runs automatically, yet we can change it consciously, giving us a direct route to influencing our physiology. Gentle, slow breathing can support recovery and help us settle. Activating patterns can energise us in the moment and, when introduced from a stable baseline, help build capacity and resilience over time.

I focus mainly on practices you can use anytime, anywhere, in the middle of your day and in the challenging moments when you need them most. I also support you in making conscious breathing a daily habit, so immediate shifts develop into more stable, lasting effects.

My approach combines contemporary respiratory science with yoga and pranayama. We work towards changes that matter across your life:

Emotional balance

less reactivity, greater steadiness and a fuller capacity for presence and connection.

Cognitive range

clearer thinking and focus, with greater access to creativity, intuition and perspective.

Health and vitality

more restorative sleep, less tension, sustainable energy and a stronger capacity to recover.

Selected results from my six-week pilot

Area of improvement	Effect size	Participants who reported an improvement
Emotional regulation	Large	68%
Overall wellbeing	Large	82%
Thinking and performance at work	Large	86%
Body awareness	Medium	77%

What leaders experienced

"I felt massive shifts in my clarity, decision-making and ability to think clearly. Especially in the startup world, there are always a dozen things fighting for your attention. I can really put them into their place, prioritize what is important in the moment, and from there make much better decisions."

Lukas Fingerle, Founder & CTO, Entropics

"The most surprising thing was how quickly it helped me with something unexpected: chronic pain relief."

Mihai Streza, Founder & CEO, wonder

"I've learned that if you take a few breaths, you respond instead of react"

Bryony Cooper, Director, Investor Relations & Comms, PT1

"I pitched in front of several thousand people and was able to stay calm, thanks to controlling my breath before and being able to ground myself."

Lucas Boller, Founder & CEO, Kinetic

More client experiences on my website:
the-breath-lab.com/benefits

Three ways to work with me individually

Two modules, with an option to continue beyond | Online or in person in Berlin

We choose your starting point together, based on an onboarding questionnaire and conversation. Each programme builds a practice you can use independently in daily life.

Fundamentals: build a stable foundation

Six weeks, with an option to extend to three months or beyond

The recommended starting point for deeper practice, regardless of stress levels. Calming breath techniques support the body's recovery function and build a stable foundation. With regular practice, we work towards:

- **Greater emotional steadiness:** notice overload earlier, settle more readily and respond with more choice in difficult moments.
- **Clearer thinking:** less mental noise and more available attention for decisions, work and the people around you.
- **Easier recovery:** switch off after demands, ease tension and build a daily routine that supports rest and restorative sleep.

For burnout or intense chronic stress, Fundamentals can extend to three months or beyond, with the focus remaining on calming practices to help you stabilise before deeper work.

Advanced: train flexibility and expand capacity

Six weeks | A stable baseline is required

A mix of activating and calming techniques, including appropriate breath holds, trains autonomic flexibility: mobilising for a demand and returning to recovery afterwards. From a stable baseline, we work towards:

- **Greater capacity under pressure:** meet more intensity with composure, mobilise energy when needed and recover afterwards.
- **A wider cognitive range:** greater access to creativity, intuition and strategic perspective, alongside focused attention.
- **More sustainable choices:** shape your lifestyle and physical, mental, digital and social environment to support your capacity; use acceptance, values and discernment to choose what to change, accept or prioritise.

Entry requires Fundamentals or equivalent established practice, a stable baseline and appropriate health screening.

Ongoing support: deepen your practice

Available after completing both modules. Progressively deepen your practice with guidance to explore more expansive abilities: creative insight, intuition, emotional attunement and expanded perception.

Included in Fundamentals and Advanced

- **Weekly 90-minute private sessions:** 60 minutes of guided practice, plus reflection and personal guidance. Six sessions in the six-week programme.
- **Practice resources:** guided audios for self-paced practice during the week (5–20 minutes to fit your schedule), plus optional self-paced theory (20–30 minutes per week) with written summaries.
- **Ongoing WhatsApp support:** direct access to me for quick guidance, questions and practice adjustments between sessions.
- **Independent daily practice:** a tailored routine and tools to keep using, with before-and-after progress reviews.

Coaching complements medical or psychological care; burnout or persistent symptoms warrant clinical assessment.



About me

I bring 15+ years in technology, including several C-level roles, and first-hand experience of burnout, alongside 6,000+ hours of breath and somatic practice and 1,600+ hours of teacher training.

Investment

€1,200 for six weeks. €2,000 for three months booked upfront: either extended Fundamentals or Fundamentals followed by Advanced, once a stable baseline is established.

Pricing valid until 31 December 2026.

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