



re·hale

Discover the
Power of Breath

About Breathwork

Breathing—an often overlooked aspect of our daily lives. As a certified Breathwork trainer and founder of rehale, I've dedicated myself to helping people harmonize their breathing rhythms.

Just because something happens automatically doesn't mean it's optimal. Conscious breathing is a powerful tool for enhancing well-being, improving sleep, and effectively reducing stress and anxiety.

My Approach to Breathwork is built on three core pillars

1.

Functional Breathing

Optimizing natural breathing patterns to enhance health, performance, and overall well-being. We take over 20,000 breaths a day, and refining this process can make a significant difference.

2.

Nervous System Regulation

Breathing directly influences the autonomic nervous system. Simple adjustments in breath techniques can quickly change physical, mental, and emotional states, promoting relaxation and balance.

3.

Conscious Connected Breathing

Utilizing breath to access deeper states of consciousness, which can be a transformative tool for personal growth and healing when practiced responsibly.



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About Me

As the founder of rehaul, my mission is to make the science of breathing simple and accessible. I provide practical tools to help individuals and companies develop healthy breathing habits that promote long-term well-being. My focus is on functional breathing, which has significant benefits for both physical and mental health.

I offer tailored programs to boost athletic performance, regulate the nervous system, and help overcome emotional challenges such as trauma and negative thinking. Whether you're an individual looking to grow or a business aiming to improve employee wellness, we can work together to cultivate healthier, more mindful breathing practices.

What I offer

I incorporate the Oxygen Advantage method by Patrick McKeown, along with techniques developed by Konstantin Buteyko, to offer a comprehensive approach to Breathwork.

My services include workshops, keynotes, and customized programs for individuals, groups and companies, designed to meet diverse needs and goals.



Interested in exploring the benefits of Breathwork?

Contact Susanne to schedule a free trial session today.

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