

Stillworks Coaching Programme

Calm Your Mind & Relax Your Body

with Michael Townsend Williams, author of *DO BREATHE / Calm your mind. Find focus. Get stuff done.*

Stillworks is a 30 day coaching programme that creates a strong foundation of mindfulness in your personal and professional life.

Michael will lead you through 5 personalised one hour lessons for you to learn, practice and integrate *Stillworks* into your life. With expert guidance on the fundamentals of breathing well, relaxing more deeply, moving your body and meditating more easily. **So you can finally find some peace inside.**

What to expect

- Session 1 – Personal Session on **your breathing.**
- Session 2 – Personal Session on **how to relax more deeply.**
- Session 3 – Personal Session on **how to move your body with awareness.**
- Session 4 – Personal Session on **how to meditate.**
- Session 5 – Personal Session on **integrating the above into a daily routine.**

Sessions are run over Zoom so you can work with Michael from wherever you are. Each week is supported with messaging and weekly practice sheets.

Is this for you?

- You're fed up with **feelings of stress and anxiety.**
- Your **time is limited** and you don't feel comfortable in large group classes.
- You want techniques that are **accessible and effective** that you take with you wherever you are - at home, at play or at work.

Total Cost is £750 (inc VAT). Payable on booking.

What people say about Stillworks

« Gave me back my sense of self-control and self-belief,
I have continued to practice the techniques I learnt. I can highly recommend it. »
Ben, Fashion Entrepreneur

Over 80% of *Stillworks* clients report significant improvements in their sleep, ability to focus at work and cope with stressful moments through breathing better.

Previous clients have included: Design Museum, GSK, Louis Vuitton, Royal Academy of Arts and Telegraph Media

Email Michael at michael@dobreathe.com to arrange a free 20 min call to see if *Stillworks* is right for you.