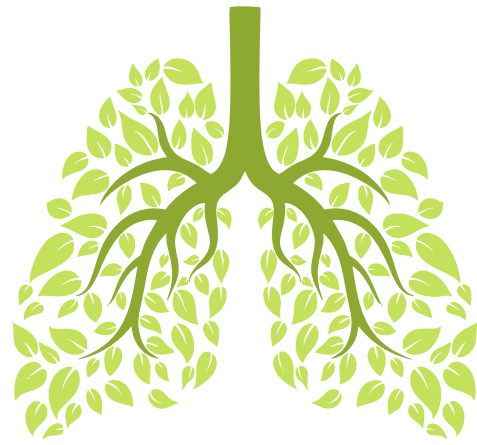


# BREATHE BETTER MOVE BETTER LIVE BETTER



**with Mandy Latchford,  
Yoga teacher & Breathwork Coach**



**10 Jan-14 Feb 2027**

Start 2026 feeling grounded, strong, and centered.  
Let this practice be your gentle 'Re-set'

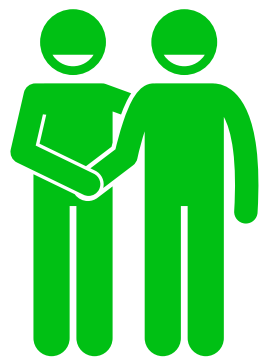
A daily guide helping you to integrate mindful and functional  
movement and breathing into your life, naturally and sustainably.



35 days  
Daily WhatsApp guidance  
Simple movements + effective breathwork



# HOW THE COURSE WORKS:



This 5-week WhatsApp-based journey blends **breathwork** and gentle **functional movement** to help you feel calmer, lighter, and more connected to your body -no experience required!

Each week, I send you **one easy-to-follow video** that guides you through simple breathwork exercises and movements linked to your breath.

These practices help release tension, improve posture and mobility, and build a healthier breathing pattern you can then integrate and use in daily life.

Every day, I also send you a short, digestible piece of guidance, encouragement or knowledge, helping you understand why you're practicing and how each technique supports what you are learning.



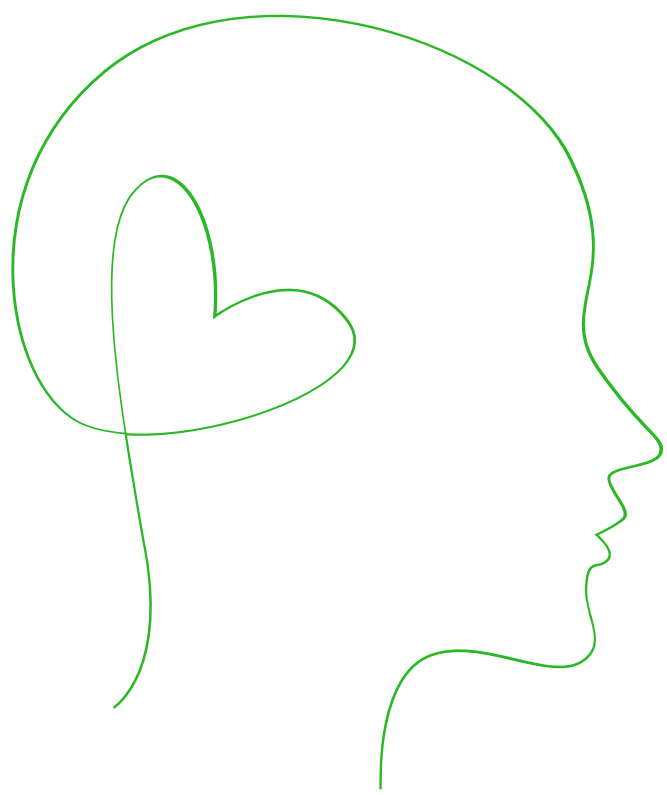
- STRESS REDUCTION
- BETTER SLEEP
- IMPROVED FOCUS AND CONCENTRATION
- EMOTIONAL BALANCE
- ENHANCED SPORTS PERFORMANCE

The pace is gentle and progressive, allowing you to repeat and integrate the practices throughout the week.

Every Sunday you receive a new video with different, clearly explained, simple and functional movements and breathing exercises.

By the end of the course, you'll have developed practical, life-long tools to breathe better, move better, and live with more ease. You will have found the exercises which suit you best, depending on your body, your experience, your needs.

There will be a 2nd Whatsapp group (you are free to join or not) in which I will answer any questions you may have. In this space, there can be discussions on these practices for those who enjoy such a community spirit which can also be helpful in encouraging and motivating.



# WHY THIS COURSE?



I have created this programme as a Yoga teacher and breathwork coach, wanting to share simple practices and scientific evidence of how our functional breath and movement can help us all, in every domain of life.

This course is designed to be warm, supportive, and accessible to anyone looking to improve their daily well-being with simple, short, meaningful practices.

Health has always been at the centre of my personal journey. Over the years, I have come to understand that the simplest practices are often the most effective-and the most sustainable.

**It is perhaps incredible, yet so true, that we can use our breath to feel stronger, calmer, healthier, better !**

This insight inspired me to create

**“Breathe Better, Move Better, Live Better”**, a programme rooted in essential movements and mindful breathing. I firmly believe these foundations are key to cultivating long-term wellbeing.

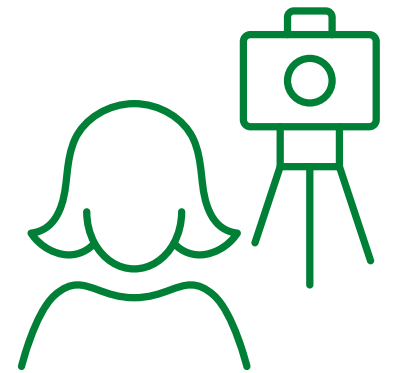
Motivated by the desire to help guide others toward better health, I have followed various trainings and continued learning. Through my teaching experience and my ongoing exploration of yoga and different breathing methods, my understanding has continued to deepen and evolve. My most recent course ‘Advanced Instructor Training’ with Oxygen Advantage in Ireland was a true breakthrough for me. All my learning seemed to ‘click’ and I want now, even more, to share this knowledge.

I have also observed how challenging it can be for many people to create lasting change in their daily habits. Even with a genuine desire to feel better, staying consistent isn't always easy. This is why guided support and regular follow-up questions, answers and discussions are often vital for establishing a healthy, sustainable routine...which is, after all, what it's all about!

In the past 5 years I have offered similar programmes and have been deeply moved by the very positive feedback. With this new course, **“Breathe Better, Move Better, Live Better”** I have expanded and refined the approach to help participants achieve even more meaningful and lasting results.

# WHAT YOU NEED FOR THIS COURSE:

- A Whatsapp number and internet connection
- 15 minutes/day for 35 days
- A desire to commit to this time for yourself
- A good space, preferably alone, for this practice
- A Yoga/similar mat or a carpet



## THE COST:

60€



## HOW TO SUBSCRIBE:

Simply by SMS/Mail:

00 33 676164831 - Mandylatchford@yahoo.fr

**Send a message confirming your place-**

**Please give your full name, and, briefly, why you want to do this course.**

+ payment of 30€ to reserve your place

+ receive more information

-2nd payment of 30€ before 20/12/2027

by Paypal or bank transfer- details to follow!

# SOME FEEDBACK FROM MY PAST PROGRAMMES

"All my shoulder and neck strain and tension have gone!"

"I have found the answer to better sleep"

"I am finding your course very helpful. Helping me sleep better and relax"

"After 75 years on this planet I didn't realise that I am a novice at breathing..."

"Even 5 minutes is like a little break in the day and lets me fit it in..."

"I've found myself standing in queues practising slow breathing, after an argument (very helpful!), while waiting for the kettle to boil...it has definitely triggered awareness."

"I'm committed to this nasal breathing cause....so many benefits"

"Love the breath of fire or Kapalabatti....really helped to wake me up this morning!"