

TATE GRONOW

HEALING BREATHWORK



One-to-One
Offerings

WWW.TATEGRONOW.COM

Working one on one allows me to tailor the direction and techniques of the session to your goals and where I'm meeting you at this point.

One-to-one facilitation is an incredibly powerful and transformative modality for processing emotion and energy within the body and regulating an overworked nervous system. You can find much more information about the healing power of breathwork on my website or by arranging a free discovery call with me.

SINGLE ONE-TO-ONE

A 90 minute immersive session with personal breath analysis and feedback. I combine functional breathing practices and conscious breathwork, as well as sound, movement, acupuncture and meditation tools tailored to your intention.

Shift difficult emotions within the mind and body and allow for more clarity, energy and creativity.

Online | £75

In person (London) | £95

BREATHWORK COACHING

ONE-TO-ONE PROGRAMMES

GROUND

- 1 x 90 Minute session & 3 x 60 minute sessions
- This programme rebuilds the foundation of a functional, optimal breath at rest, during movement and when sleeping.
- There will be a thorough consultation with personal breath analysis.
- You'll be given exercises and practices unique to your breath, symptoms and lifestyle that can be implemented in your everyday immediately.
- 2 x Recorded practices included
- Address chronic mouth breathing, tiredness, lethargy, sleep issues, anxiety and more.
- Improve your overall respiratory health and capacity, become more mindful, and experience better sleep, digestion and energy.

Virtual sessions only £285
Virtual & in-person from £310

EVOLVE

- 3 x 90 minute sessions and 3 x 60 minute sessions alternating
- This is a deep exploration of your physical and emotional body through the power of the breath.
- We cover everything in the *GROUND* programme whilst exploring varying breathwork techniques, namely immersive therapeutic Conscious Connected Breathwork.
- 3 x Recorded practices included and 1:1 support throughout
- Regulate your nervous system, release emotional stagnation in the body and mind, and balance your breath and mind-body connection.
- Feel more emotional resilience, creativity, clarity and a deeper connection to self.
- Alleviate anxiety, overwhelm, feelings of being stuck, difficult life events and more.

Virtual sessions only £440
Virtual & in-person from £460

BOOK A DISCOVERY CALL

If you have any questions or want to chat further about potentially working together then I'd love to hear from you.

[BOOK HERE](#)

tategronow@gmail.com