



WOULD YOU LIKE TO:

- Improve your memory?
- Make better decisions?
- Get relief from your insomnia?
- Develop the qualities of compassion and empathy?
- Be more resilient to stress?

Meditation has been scientifically proven to change key regions in the brain yielding improvements in memory, decision making, depression, anxiety, and stress. The groundbreaking study done by Dr. Sara Lazar, Harvard Medical School and Massachusetts General Hospital documented unanimous findings in all subjects in just eight weeks – 56 Days!

Join breathe's newest program as we take on 56 days of meditation. 56 Days to a Better Brain, is flexible, self-directed, fully supported, and FREE. Register now!