

EFFECTIVE BREATHING

INTENSIVE COURSE



WEDNESDAY, FEBRUARY 18TH
THE AMERICAN COLLEGE IN SPAIN

Introduction

Breathing is the ultimate key to well-being and, if done correctly, has the power to transform your entire life: physically, mentally, and spiritually. However, it's an aspect we often take for granted and don't give the importance it deserves.

With the breathing techniques taught in this course, we'll help you achieve better relaxation, cope with anxiety, manage stress and fears, improve your energy levels, sleep better, and perform better both personally and professionally. This is a short but intensive course that includes an engaging theoretical component and a highly useful practical approach.

Content

- a. Introduction to breathing
- b. Most common breathing mistakes
- c. How to breathe correctly
- d. Why do we sigh and yawn?
- e. Breathing to relax
- f. Breathing exercises to cope with fear and anxiety
- g. Breathing exercises to motivate and energize us
- h. Breathing techniques: Triangular; Square or "Box Breathing"; 4-7-8 technique; Wim Hof technique



Location

The course will take place at the facilities of The American College in Spain in Puerto Banús, Marbella.

www.americancollegespain.com

Dates and Times

- Wednesday, February 18th
- From 4:30 PM to 7:00 PM

Registration

- Price: €120
- Synergy members: €95
- Minimum of 12 students / Maximum of 24 students

Tuition includes:

- Short course on breathing techniques
- A copy of the book SMILE by Pancho Campo
- Coffee Break

Course Conducted by Pancho Campo

Pancho Campo is an entrepreneur who, for more than 30 years, has been the CEO of Chrand Events. He has organized major events in more than 20 countries and has had the privilege of working with such influential figures as President Obama, Vice President Al Gore, Sting, Enrique Iglesias, Pink Floyd, Andre Agassi, Kofi Annan, Francis Ford Coppola, among many others.

Today, he dedicates most of his time to his role as a coach, helping entrepreneurs, athletes, and artists improve their personal and professional performance through effective stress management, exercise, nutrition, and other strategies. Pancho has also become a highly sought-after speaker, giving talks on topics such as event planning, the environment, and how to confront fear and manage stress.

He created a training system called Smile Top Performance, which he developed based on three pillars. First, his experience as a former professional tennis player, Olympic captain, adventurer, and extreme athlete. Second, the extensive conversations about stress management he has had with most of the celebrities he has worked with. And third, Pancho Campo's own experiences, such a kidnapping in South Africa.

Pancho Campo's extensive experience as an adventurous businessman and entrepreneur is complemented by his medical studies, an MBA, various training courses in mental training, and Lifestyle and Wellness studies at Harvard University.

