

ACADEMY WEST

BREATHING » PERFORMANCE

A medically-credible approach to breathing mechanics honed in the ICU, now available to the community. Packed with clear language, relatable examples, & research-backed concepts to help you optimize your breathing system for *LIFE*.

- Anxiety / Depression
- Asthma / R.A.D.
- Pre / post - partum
- Coughing problems
- C.O.P.D.
- Core Strength / Balance
- Pre / post - surgery
- Posture / P.O.T.S.
- Power / Endurance
- Sleep Apnea / Insomnia
- Long - COVID
- P.T.S.D. / Trauma
- Cardiac conditions
- Chest wall injury
- Pain - back, hip, pelvic floor
- Pain - neck, jaw, shoulder

Individual
Evaluation



Virtual
Courses

Group
Classes



541 - 504 - 4676

210 SW Century Dr.
Suite G, Bend OR

