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Sasha is an expert in Russian Healing Arts, Buteyko Breathing techniques, and the founder of the Breathing Center. She is most highly trained Buteyko Breathing practitioner in the English-speaking world; she officially represents the Russian patent holder of the Buteyko Breathing Method.

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Wim Hof Method breathing is simple and  
easy — everyone can do it! Just follow

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the steps below. We recommend practicing right after waking, or before a meal, when your stomach is still empty. Note that WHM breathing can affect motor control and, in rare cases, lead to loss of consciousness. Always sit or lie down before practicing the techniques.

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