

"Breathe your way to calmness":

- Is simple to follow and gets quick results.
- Discreetly calms anxiety in any situation.
- Techniques can be used at any time.
- Effective for anyone who breathes.



Prices start from
DVD **£15.00**
CD **£10.00**
Video **£8.00**

Gary Newbon Sports Broadcaster Sky Sports TV

"Learning to breathe properly following Penny Anne's programme made me realise just how important it was and I wish I had done it years ago! It didn't take too much effort and it did not take too long to learn it."

"Penny Anne's methods are simple to follow and produce great results by discreetly calming anxiety in any situation"

WARWICKSHIRE LIFE

DVD/Video

Penny Anne guides you through simple **breathing techniques** and **relaxation ideas**.

- Explores the medical benefits of this relaxation technique (with Dr Barbara Nicol GP)
- Offers advice on the following
Work life balance
Improved sleep
Relaxed revision
Boosted energy
Everyday calmness

- Filmed on location in Warwickshire.

CD

- Focuses on breathing.
- Relaxation ideas aimed at helping you to de-clutter your mind. and
- Soothe your body and balance your life.
- Recharge your batteries and smooth the creases from the day.

Penny Anne O'Donnell

trained at UCL, and has run her own practice for over a decade. She also provides in house training for companies, educational establishments and special interest groups. The Government uses her breathing programme for Teachers Voice Training, Relaxed Revision and Stress Management. She also provides in-house training. She was recently a Guest on LBC radio advising on de-stressing Christmas and fearful flying, along with BBC CWR and BBC WM talking about "Breathe Your Way to Calmness".



"The positive power of relaxation can reach all areas of our life, ranging from improved energy levels and raised immune systems, to reduced general body tension. Taking less than 5 minutes per day to relax is a tiny investment in yourself and your health. In this hectic world, a focus time is vital if an individual is to realise their true potential."

Penny Anne O'Donnell
MRCSLT MASLTIP

So just how effective is "Breathe your way to Calmness" ...

Pippa BBC Journalist

"During my pregnancy I found this CD a superb relaxation tool, both physically and mentally. Quite often I found myself panicking about the birth, but I'd just play this, and it would help calm my worries - in fact I'm sure my baby enjoyed listening too, as he would stop kicking when he heard it!"

Tom from Worcester Seminar participant

You've taught me how to breathe calmness into any situation and realise it is how I deal with and react to things which affects my health. I am in control. Thank you.

Fiona M.D of Pup à Porter, New York, nervous flyer

"Changing my breathing style with the DVD was so simple and I loved the practise time it really relaxed and energised me at the same time! I travel a lot and so tried your CD on a long Haul flight. WOW! For the first time ever I relaxed without a double G&T and started the trip with a real spring in my step. Gosh all those years of nervous flying, I wish I'd heard of P.A. breathing years ago!

Jo A solicitor from Staffordshire. Seminar attendee.

I now sleep like a baby! My Sleep has improved and your CD was so simple to fit into my busy schedule! An excellent relaxation tool! Also love the "Calming Thought for the day" on your site www.relaxationdirect.com. It really helps the work day to start on the right foot! Thank you.

Josh a professional singer. Individual client

I love the DVD exercises not only are they a great breathing work out, but they relax me at the same time! Awesome! They are quick and really open up and "warm the voice up." The whole band do them together now. It has really helped our sound on tour. Thanks

Roger Father of the Bride from Bristol, workshop attendee

Thank you for P.A. breathing! From watching your easy to follow DVD I learnt the breathing tips needed for a calm breathing style, strong voice and relaxed persona on the big day! The speech went well and because you taught me how to "harness those butterflies" I actually enjoyed it! Top Programme! In the run upto the wedding I logged onto your site www.relaxationdirect.com to read your daily thought for the day, it always calmed me down. Thank you!

Alex 10 yrs old chorister from Worcester, Singers' Seminar attendee

It is totally cool! I can make my notes go on forever! And I have shown all my mates how to speak, shout and sing from their "Chuckle Muscle". Before a concert I get relaxed listening to my CD and my head feels clear. Wicked!

Lindsey a Head Teacher, Individual client.

Penny-Anne gave me back my confidence, sense of humour and most of all the knowledge of how to regain control through posture and breathing. I found the sessions fun, informative as well as giving me a positive outlook on anxiety and work life balance. "Breathe your way to Calmness" gave me back control over my life and my body through a greater understanding of the whole being. I feel BETTER than my old self and I use the CD and DVD regularly, although the CD is so relaxing it is tricky sometimes to get to the end! I also learnt a lot from her site www.relaxationdirect.com about relaxation stress and health in general.

Marylin working mother from Birmingham. Seminar Attendee

Thank you Penny Anne **It has changed my life!** Headaches gone and energy back. Thank you for giving me the gift of relaxation. I listen to the CD every day still and it really does work! My daughter logs onto your site for tips on relaxed revision and exam stress it has really helped her and that has made my life a lot easier!.

Jean, Sutton Coldfield Individual client.

After searching for an answer for months as to why I had the most horrific cough, no one could help. Then I was recommended to Penny and her wonderful CD. Within a very short period of time, I had learnt how to breathe better, relax more and found peace by losing myself listening to the CD. I still play this CD especially under stress and it is amazing the calming affect it has. Thank you Penny for finding my answers.

To learn more about Penny-Anne's work log onto
www.relaxationdirect.com

ARTICLES INCLUDE:

Work Life Balance, Fearful Flying, Relaxed revision, Anger management, Seasonal stress, Performers vocal techniques and relax as you relocate.

**So just think..... the next breath
you take could change the way
you breathe forever!**



RelaxationDirect Ltd

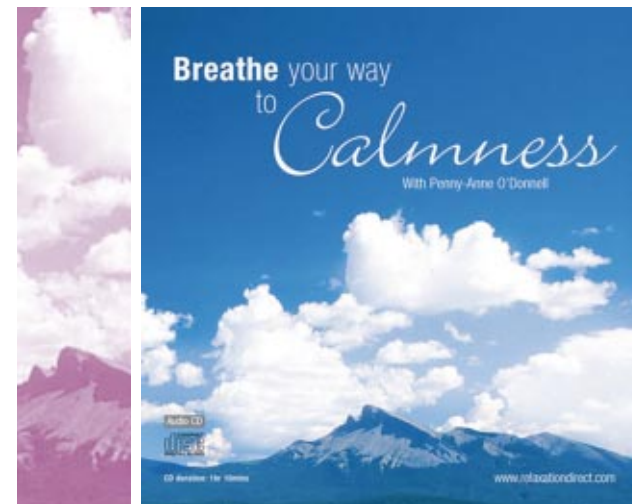
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Relaxation is only a breath away!



**Do you live life to the full and
wish you could relax and
recharge without stopping?**

**Would you like better quality
sleep, boosted energy and
increased mental focus?**

**Well "Breathe your way to Calmness"
could be just the answer!**

Specialist Speech and Language Therapist
and Relaxation Advisor Penny Anne O'Donnell
has designed an effective breathing
programme for people who need to relax, but
do not have the time.

**Email: pennyanne@relaxationdirect.com
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