



MISSION: TO NOURISH AND ENERGIZE HEALTHCARE PROFESSIONALS

with self-care programs that strengthen resilience and restore a sense of purpose and community

BURNOUT among healthcare professionals is profoundly affecting their mental health and personal well-being. It is not only important to recognize their efforts, but also to provide them with tools and support systems to help manage anxiety and stress, and build resilience.

HEALING BREATHS provides programs that are designed by healthcare professionals for healthcare professionals to improve their quality of life and mental well-being, and address the impacts of burnout.



We work with:

Healthcare Professionals to strengthen self-compassion and build resilience through immersive experiences, while earning CE credits.

Healthcare Institutions to address burnout issues, promote a culture of well-being, and build peer-to-peer connection. We provide data-driven, pre-post intervention measurement for efficacy.

Healthcare Partners such as associations and insurance companies to help promote mental health and well-being of clinicians.



SKY, A SELF-CARE AND RESILIENCE PROGRAM

Healing Breaths offers the SKY™ program in which people can learn powerful, evidence-based breathing techniques that facilitate the release of deep stress and harmonize the body and mind. From reducing stress to getting better rest, these techniques have a demonstrated measurable impact on quality of life. Over 100 independent studies conducted on four continents and published in peer-reviewed journals have demonstrated a comprehensive range of benefits from practicing SKY.

Our programs are designed specifically for healthcare professionals and include:

- Live online sessions to support the growing need of HCPs working from home and remote locations.
- 2 expert instructors, of which one is a healthcare professional.
- Wellness series on various relevant topics designed explicitly for HCPs in mind to help organizations promote a culture of well-being,
- Ongoing peer community to help support HCPs' continual self-care journey.
- We provide up to 10 accredited CE credits for doctors, physician assistants (NYU), nurses and nurse practitioners (ANCC), psychologists (APA), social workers (ASWB), pharmacists (ACPE), dietitians (CDR), and dentists (AGD).

Time-tested, research-backed breathwork practices:



Research about SKY has been published in over 100 journals including data from studies conducted at:



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