



Well Within Reach presents Yoga and 9D Breathwork to High School aged Students

This minimum 5-week program offers a unique blend of expertise, tailored approaches, and comprehensive technology to support student well-being and academic success. Led by Monica Braithwaite, it combines yoga therapy, breathwork, and educational best practices to address the holistic needs of students in schools. **Begins:**

Begins: Term 3, Week 1, Monday 14th July, 2025

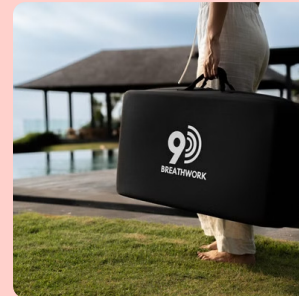
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Program Features and Benefits



Tailored for Schools

Addresses procrastination, low motivation, trauma and academic stress, equipping students with tools to improve focus, resilience, and emotional balance.

Fully Equipped for Immersive Experiences

Includes 60 high-quality headphones and all necessary materials, minimising resource requirements for schools.

Minimal Effort for School Staff

Monica independently manages groups of up to 30 students supported by trained facilitators. Option for larger groups up to 60 students with one school teaching staff required.

Benefits of 9D Breathwork and Yoga Therapy

- **Stress Reduction:** Activates the vagus nerve, reducing cortisol levels and promoting a sense of calm help manage anxiety and depression.
- **Improved Focus:** Heightened awareness and mental clarity and improved cognitive performance.
- **Motivation and Self-Drive:** Harnesses the power of breathwork and yoga to cultivate self-confidence and resilience.
- **Emotional Detoxification:** Releases emotional blockages, fostering a sense of emotional clarity and balance that enhances focus and supports academic success.
- **Enhanced Energy Flow:** Aligns physical and energetic systems to promote vitality and overall health.
- **Physical Wellness:** Boosts oxygenation in the blood, improves immune function, and supports overall cellular regeneration.

Comprehensive Expertise and Qualifications



Studies towards a Bachelor of Nursing

Monica's foundational studies in nursing provide her with a deep understanding of human anatomy and physiology and psychology essential for addressing both physical and emotional health. This background enables her to integrate evidence-based healthcare practices into her yoga therapy approach.

Bachelor of Education in both Classroom and Outdoor Education

With a strong foundation in pedagogy and nearly three decades of teaching experience, Monica excels in creating engaging, structured, and supportive learning environments. Her expertise ensures that her programs are tailored to meet diverse student needs effectively.

TAE40122 Certificate IV in Training and Assessment

This qualification equips Monica with advanced skills in designing and delivering structured, outcomes-focused training programs. It ensures her teaching methodologies align with national educational standards while allowing for personalised, effective feedback.

Senior Yoga Teacher

As a Yoga Teacher, Monica brings a holistic understanding of yoga principles, integrating philosophy, science, and tradition into her practice. Her leadership in the yoga community underscores her ability to mentor and inspire both students and colleagues.

Masters in Biomedical Yoga Therapy and Allied Health

Monica's postgraduate studies provide her with cutting-edge knowledge in neuroscience and biomedicine. This expertise allows her to merge traditional yoga practices with modern scientific approaches to promote physical, mental, and emotional well-being.

Price Package and Program Structure

Group Sessions: Packages includes a 60-minute session of yoga and 9D breathwork using high technology 9D equipment. Students required to provide their own yoga mat and eye mask.

Regular Adult Price = \$120 per session

Discounted offer for High School Students (min 4 students, max 60 students)

Prices are based on a weekly session for a 5-week program, beginning Term 3 Monday 14th July 25

- 1-12 students/1 registered teacher provided = \$66.70 per student = \$333.50 per student
- 13-24 students/1 registered teacher and 1 facilitator provided = \$65.00 per student = \$325.00 per student
- 25-36 students/1 registered teacher and 2 facilitators provided = \$60.00 per student = \$300.00 per student
- 37-48 students/1 registered teacher and 3 facilitators provided = \$58.00 per student = \$290.00 per student

For every 24 students, this could provide non-contact time for 1 teacher at your school.

Example of How This Might Look in a School Day

Session 1 8:40-9.40am

Session 2 9.55-10.55am

Lunch break

Session 3 11.45-12.45pm

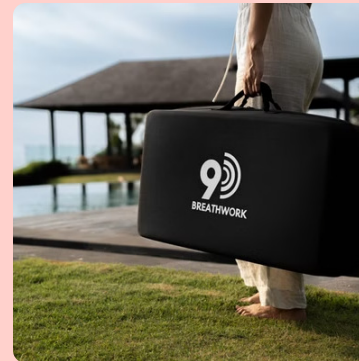
Lunch break

Session 4 1.45-2.45pm

(maximum 60 students per group)

- Monica is available for weekly bookings for a minimum of 5 consecutive weeks of each term.
- Bookings can be made for a complete school year on a regular day each week.
- 60 students in each of the 4 sessions can access the program, during one school day.
- Monica can be engaged for specialised programs such as day retreats, camps or extra curricular activities.

The 9 Dimensions of Breathwork



1. Somatic Breathwork

Engages the body to release trapped trauma while balancing the nervous system, activating both the sympathetic response for emotional release and parasympathetic response for relaxation.

2. 9D Multi-Dimensional Sound Experience

Expansive soundscapes promote awareness, supported by vibrational therapy to improve circulation and cellular healing.

3. Binaural Brain Entrainment

Theta-stimulating frequencies enhance creativity, healing, and focus.

4. Solfeggio Frequencies

Harmonises the body's energy systems to encourage balance and vitality.

5. Isochronic Brainwave Tones

Pulsating tones amplify focus and relaxation.

6. 432Hz Harmonic Tuning

Known as the "healing frequency," this aligns deeply with the body.

7. Subliminal Hypnotic Therapy

Delivers subtle suggestions for personal growth and emotional reframing.

8. Bioacoustic Sound Effects

Low-frequency tones trigger biological and emotional responses.

9. Guided Vocal Coaching

Offers personalised guidance for deeper engagement.