


BUBBLE CHEEK™

INVENTED AND COACHED BY DR.VEERA KHARE ASHER, DMA, CSCS.



What is it?

A breath strengthening exercise that science has proven to put you in control of your...

...mood, concentration, and energy



USING YOUR VOICE.

WHERE DID IT COME FROM?



It's actually a forgotten practice used by ancient warriors 1000s of years ago

How was it brought back?

It was re-discovered by Dr. Veera in her doctoral research while teaching professional ballet dancers to sing for the Phantom Spectacular show in Las Vegas.



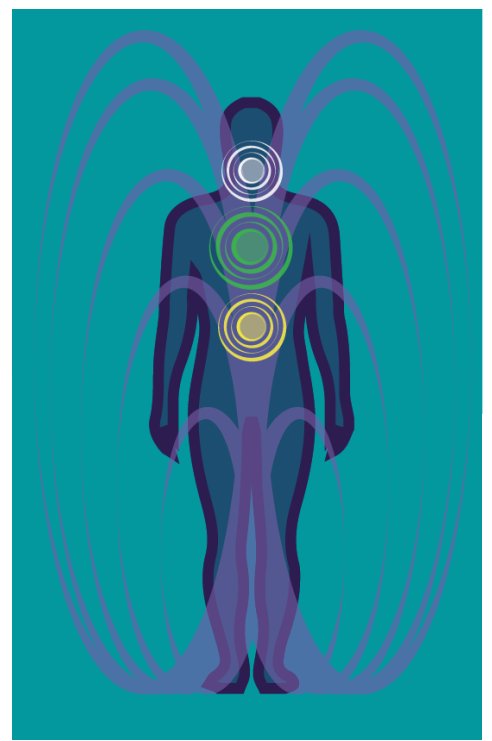
Teaching them how to sing while dancing...

...without compromising their elite physical talent

And without risking exposure to injury


How does it work?

It's a self-activating power within each of us, that works through an electrical connection targeting your **gut**, **heart** and **throat** energies (BrainBodyVoice™) making you **feel**, **look** and **sound** your best.



Why should I care?

It allows you to reintroduce your voice as a part of all life practices from breathing to top-tier performance in music, athletics, tactical, dance and more. This time tested proven method has already helped 100s of people like you.



We are getting you to the benefits of ancient warrior practices through modern science and technology.