

Breathe Away Pain - A One-Page Mini-Class

You CAN relieve pain with breathwork ... I promise.

Guided Heart-Focused Breathing Video



Watch this 5-minute video to immediately feel peaceful and calm with heart-focused breathing. This breathing technique is **scientifically proven** to create heart-brain coherence and activates the parasympathetic state of the nervous system. This state is where healing happens and the perception of pain is lowered.

[Watch the 5-minute video here](#)

Activate Your Inner Healer Guided Audio Experience

My clients love this audio and say it's one of their favourites. Infused in this audio is guidance to help you activate the wisdom of the body to release its innate healing while you breathe. Listen to this 12-minute guided breathwork practice to relax and turn on a healing response. Save to your device and listen as often as you like.



[Download the MP3 Audio here](#)

Jane Hogan, Certified Health Coach
The New Science of Breathing for Healing



Can Breathing Really Relieve Pain?

There is so much science proving the connection between how we breathe and how it affects every aspect of our health, the impact is unquestionable. Breathing is the fastest way to invoke the parasympathetic response and that is the quickest way to begin lowering pain and inflammation.

[Read the full article here](#)

Learn How to Use the Breath to Relieve Pain

In this 30 minute class, Jane teaches how to use the breath to relieve pain in any area of the body. In this lesson you'll learn:

- Why everything is energy
- Belly breathing basics
- Breathing with sound
- Activated channel breathing
- Breathing away pain from a specific area



[Watch the class here](#)

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