



*The 'Of Breath and Mind' system (OB+M) combines **breathing techniques** and **mindfulness practices**. It focuses on the awareness of self and how we interact with our surrounding environment. This methodology cultivates, explores and enhances our ability to listen, our resilience, and adaptability.*

## **THE SITUATION**

The world, as we know it, is ever changing. Our modern society constantly surrounds us with an environment that is putting us in a "Fight or Flight" mode. Fortunately people are waking up to this understanding that the quality of their life is extremely important and that they have the ability to change. Never before have so many people begun to empower themselves by seeking methods that can help them return to a healthy mind and body.

## **THE WHY**

The OB+M system focuses on the awareness of self and how we interact with our surrounding environment. This methodology cultivates, explores and enhances our ability to listen, our resilience, and adaptability; encouraging people to seek balance and health in an inspiring and natural environment. This new perspective fosters healthier, and ultimately, better results in our active and personal lives.

When we are more aware, resilient, and flexible, our performance increases. In this "mindful state" we increase our capacity to listen to our environment, our team and make better instinctual decisions, with less stress and less effort.

## **THE PILLARS**

### Breath work

Breath is essential to life. From the first breath at birth to the last breath upon passing, we take about half a billion breaths, usually without thinking about it. What we may not realize is that the mind, body, and breath are intimately connected and can influence each other. Our breathing is influenced by our thoughts, and our thoughts and physiology can be influenced by our breath. Through OB+M's 'Pranayama' method, one will learn to breathe consciously with awareness, a valuable technique in helping to restore balance in the mind and body.

'Pranayama' is the practice of breath regulation that promotes physical and mental wellness. In Sanskrit, "prana" means life energy and "yama" means control. 'Pranayama' is the ancient practice of controlling our breath. By controlling the timing, duration, and frequency of each breath, we connect our bodies with our minds.

A regular daily practice of deep breathing is one of the best tools for improving our health and wellbeing regardless of our level of expertise, the work we do, our lifestyle or athleticism. OB+M's 'Pranayama' method reduces stress, improves concentration, lowers blood pressure, enhances the immune system, improves lung health, and improves the quality and duration of sleep.

### Mindfulness

Mindfulness is the particular state of mind that arises when we focus on awareness of the present moment intentionally and without judgment. We all have the ability to be "mindful" and it is not something you have to acquire, you just have to learn how to access it.

Mindfulness is a method that combines breathing and re-connecting to our natural senses. By observing, listening, and feeling we live moments that are increasingly rich in awareness and we become less dependent on automatic and impulsive response mechanisms. It is not the experience that we wish to transform, but rather the way we experience things.

By embracing our true experience and increasing awareness, we can better understand the quality of experiences, which reduces stress, clears our thoughts, promotes a general state of balance and wellbeing.

### **THE METHOD**

The aim of the 'Of Breath and Mind' program is to provide you with the tools to increase your potential and improve the quality of your life. The union between **breathing techniques** and **mindfulness practices** will allow you to train your concentration and draw on your personal potential in order to reduce and manage stress and bring out the "Mindful or Flow State" in performance while enriching your professional and personal life.

The experience of interconnectedness and the absence of a clear separation between us and our surroundings can represent a more realistic perspective and serve as the basis for developing a healthy, responsible and creative lifestyle.

- We explore the power of breath and how to breathe correctly. Adequate breathing leads to a greater oxygenation of the body and consequently to a state of greater lucidity and physical vigor.
- Breathing awareness is a key factor in coming into contact with one's own inner experience and unconscious reaction mechanisms, and also gives us the opportunity to observe them and possibly find new strategies. It also leaves us feeling energized and more dynamic.
- We will discover the universal philosophy of Mindfulness which is a mental state characterized by a particular quality of attention to the sensory experience in the present moment, and is considered to be the basis of a state of genuine happiness and psychophysical well-being.

- We will adventure into this new awareness and understand how we can apply it to the many different aspects of our life.



### **MICHELE BOVO**

Michele began his studies in forestry sciences at University Padova and became a professional Ornithologist, carefully observing the natural environment. He focused most of his early professional career on environmental and animal conservation while exploring natural photography.

Watching nature also gave him the opportunity to observe and reflect on his own inner person and his surroundings and it is here where he began a path of personal discovery through conceptual philosophies and practice.

Michele began meditation at 7 years old and has dedicated over 15 years to the practice of Vipassana Meditation and Pranayama Yoga and with his formal training teaches throughout Italy.

In 2012 he qualified as an official Mindfulness teacher obtaining MBSR Certification for stress reduction and combined this closely with the philosophy of Vipassana Meditation.

Pushing his curiosities even further, he developed the application of this introspective awareness to the world of adventure and natural sports and began to merge together this philosophy. Since 2006 Michele combined these elements with his formal instruction in Apnea and aquatic freediving and works with icons in the Italian Sports world such as Riccardo Piatti e Gianluca Genoni.

Diving into the depths of the ocean synthesized all of his sensibilities and studies to date. This physical appreciation of nature with interconnection philosophy allowed him to extend beyond himself and his limits, finding balance, peace and enthusiasm of which he seeks to share.