

FIND YOUR BREATH AGAIN GAIN CLARITY OF MIND AND VOICE With MDH™ Breathing Coordination

*Are you sometimes short of breath or literally breathless?
Does stress affect your breathing?
Would you like to make the most of your breath and/or voice at work?*

MDH™ BREATHING COORDINATION IS FOR YOU



A body-based approach that rebalances and optimises the natural mechanism of breathing.

It focuses on the quality and complete organisation of the breathing movement throughout the body (including, of course, optimising the volume of air you breathe in and out).

THE CORE BENEFITS

Rediscover free, efficient breathing

MDH™ Breathing Coordination helps you restore natural, fluid, balanced breathing.

- **Breathe with your whole body:** rediscover whole-body breathing, without effort or excessive control.
- **Release tension:** as stress- and posture-related blocks ease, your diaphragm regains its full mobility.
- **Find your balance again:** your body relearns to breathe according to its natural physiology, for more energy, accuracy and presence.

BENEFITS BEYOND THE BREATH

Thanks to this physical reorganisation of your breathing, you will notice deep benefits in three essential areas:

1. VOCAL POWER



Increase your vocal power and stamina without forcing. Your voice grows richer, steadier and resonates powerfully.

2. PHYSICAL PRESENCE



For athletes, other movement professionals and artists who don't work with their voice: greater physical capacity, lasting energy and safer movement.

3. SELF-EXPRESSION AND CLARITY OF MIND



While the method is not a therapy, the nervous system regulation it brings offers **real therapeutic benefits**, such as:

- improved concentration
- clearer thinking
- inspiration within reach, figuratively too
- serenity you can access quickly
- better quality in your relationships
- ...

THE MDH™ BREATHING COORDINATION ASSESSMENT

A 90-minute one-to-one session of observation and physical mobilisation.



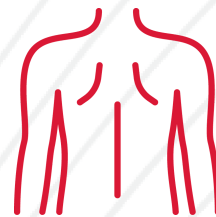
OBSERVATION

identify your current breathing patterns and the releases and tensions that go with them.



EXPERIMENTATION

rediscover your natural breathing movement and its potential.



FIRST TOOLS

learn targeted exercises to feel ease and clarity straight away.

IN PRACTICE, 3 STAGES

1. **Releasing tension:** mobilisation from head to toe, lying on a table (fully clothed)
2. **Recoordinating** the whole body with the breathing mechanism: from lying down to sitting to standing, we work on everything
3. **Applying it to performance:** depending on your aim in speaking or singing, movement, sport, etc.

From the assessment onwards, exercises to make the benefits of the sessions last in your daily life.

SOPHIE
VERBAEYS • REID

BODY • VOICE • PRESENCE
SOPHIE-COACH.COM



sophie@verbaeys-reid.com
or WhatsApp +32 474 445 601



MIDH™
Coordination Respiratoire

