



MINDFUL BREATH ATLANTA

Private/Group sessions specializing in Prenatal, Postpartum,
Adolescent and Teen Care

Sessions are an integration of over 36 years nurturing health through mindfulness training with practices that allow the body to rest, renew and restore. Our anatomy holds vast intelligence and supports the physiology for healthy change.

Benefits of Mindful Breath

- Supports health of mind and body
- Helps in the treatments of post-traumatic stress disorder, anxiety and depression
- Reduces stress and lowers cortisol
- Improves sleep
- Learn to look at the thoughts arising with a gentle and compassionate view
- Decreases inflammation and pain

"My passion from the beginning of my professional practice has been to support clients in achieving optimal health through the alchemy of conscious breath and body awareness. Studies support that this is a foundation for self healing and restores our natural connection, individually and collectively."



[MindfulBreathAtlanta.com](https://www.MindfulBreathAtlanta.com)

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Mindfulness Meditation Counseling

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Testimonials

"Shanti's mindful breath sessions are a refreshing break from the work day. While explaining how all the senses are impacted, she utilizes music and light to uniquely maximize presence in the moment."

-Huyen Nguyen, Wellness Lead and Account Manager at



"Shanti has been an extraordinary help to me and my clients. As a psychotherapist, I am tremendously interested in evidence-based breath work for anxiety and depression. Shanti's work is an essential element in teaching clients to heal their mind and body. Learning from an expert practitioner like Shanti is a rare privilege."

-Lane Gormley, Professional Psychotherapist

Please visit [Mindfulbreathatlanta.com](https://www.Mindfulbreathatlanta.com) to learn more or book a session