

Bespoke Treatment

The Natura Respira technique, accredited and registered in Spain, was developed by Maria Àngels Farreny i Bordallo and her daughter Miriam Marcet. Both Maria Àngels and Miriam are trained in a variety of techniques and, over years of practice and experience, developed their own.



M. Àngels Farreny Co-Founder,
President and Head of Natura Respira Spain



Miriam Marcet Co-Founder and Head
of Natura Respira UK

The N/R System is a small family health business, with a caring, personal service. We look forward to introducing you the Natura Respira System for a less stressful and more balanced way of life.

Natura Respira is a process of re-education; reminding the body of what it already knows but has forgotten under the pressures of modern life. Our unique technique combines breathing exercises, control of cardiac and respiratory rhythms and postural re-education.

Our exercises will align your heartbeat with your breathing rhythm, so your heart, lungs and mind are in harmony. This will allow more oxygen to reach your cells and help your body work to its full potential. Triggering the 'parasympathetic system' responsible for stress relief, our exercises will improve your body alignment and our indirect counselling will help you to create new and healthier behavior patterns.

Through our technique you will discover a new quality of life. You will enjoy a newfound serenity, improved concentration, perseverance, intuition and creativity. At the same time, you will see a dramatic improvement in your general health.

As with anything, it will take practice. But, we guarantee that if you do the exercises we prescribe to address any physical or emotional issues, those issues will improve significantly in the first 20 sessions.

With your body and mind refreshed, you will enjoy a whole new outlook on life!

"Medicine Nobel Prize winner, Otto Warburg (1931), discovered the direct relationship between cancer and lack of oxygen in cells"

The Natura System can help with:

- * Muscular Pain Relief
- * Dealing with Anxiety/Stress
- * Quitting Smoking
- * Confidence
- * Listening Ability
- * Assertiveness
- * Eating Disorders
- * Digestive problems
- * Weight problems
- * Stage Fright Control
- * Creativity and Intuition improvement
- * Focus & Concentration
- * Emotional & Physical Health

For more information please visit:

www.naturaspira.co.uk

Or contact us:

Miriam Marcet

Coach for breathing, body alignment and life-coach
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PRICE LIST*

One on one session	From £60
Short Course Treatment 10 Weekly 1hr Sessions	£60 per session (£600) or £500 for payment in advance
Full Course Treatment 20 Weekly 1hr Sessions	£60 per session (£1,200) or £900 for payment in advance

*Concessions for students and unemployed

Maintaining regular treatment sessions is essential for positive results.

Cancellation policy:

The Natura Respira System treatment requires 42 hours advance notification for the cancellation of a scheduled visit. We understand cancellations are sometimes unavoidable and we allow two cancellations before charging a fee. For the second cancellation and thereafter, we charge £15 for a no-show or cancellation without proper notice. **In case of cancellation for the treatment, Natura Respira UK will not make any reimbursement.**

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