

MEET DAN HANSON

SLEEP RETREAT FOUNDER

There are good reasons why Dan is so passionate about providing a place where people can go to learn how to get a good night's sleep.

"From early childhood I suffered with poor sleep, nightmares, having to visit the bathroom four times each night and general aches and pains. Later, as a teenager I suffered from hay-fever, and bloating in the stomach and then I was told I had sleep apnoea. I then began to get headaches on a regular basis and this tipped me over the edge. I had GPs test me for food intolerances, allergies and all kinds of other things. I was told I was normal and would have to put up with all of my symptoms. To make a very long story short, I ended up taking matters into my own hands. I spent years studying subjects related to sleep, and realised that my 5 pillars of Health needed to be in check for my body to work properly. My 5 Pillars of Health are: Detoxification, Nutrition, Breathing, Mindset and Motion. I began a mission to make finding this kind of knowledge easier for people."

Dan is a qualified Buteyko breathing educator, and ex-dentist, with articles related to breathing dysfunction published in professional journals. He has lectured on topics related to sleep for professional audiences in major cities across Australia, USA, Japan, UK, France, and New Zealand.



SL P RETREAT

Brought to you by

BREATHE
Health Retreats

Proudly in association with



TESTIMONIAL

I have had the privilege of working alongside Dan Hanson in educational settings and would highly recommend Dan for both his depth of knowledge as well as his ability to share it. He is a brilliant educator and takes his role very seriously and ensures that all his content and materials are of the highest standard. Dan is extremely generous and will share both his professional understanding around health as well as his own personal insights.

I would highly recommend any programs that Dan is offering relating to sleep and breathing. He has much experience in both educating professionals at conferences and working with patients in clinical situations.

Dr Mary Bourke – CEO Myomunchee



For further information, or to register for the next Sleep Retreat:
BreatheHealthRetreats.Com

SL P RETREAT

A 5 day experiential and educational retreat with leading experts in sleep, detoxification, nutrition, breathing, mindset and functional movement.



Do you want to **feel rested** in your daily life?

Are you often **feeling tired**, even when you wake up?

And do you want health experts to **guide and empower you** to get the quality rest that you deserve?

If so, **Sleep Retreat is for you.**

Brought to you by

BREATHE
Health Retreats

Proudly in association with



SL P RETREAT

During your stay you will undertake a complete Buteyko Breathing Optimisation course with Dan Hanson, Sleep Retreat founder. Dan is an internationally known sleep and breathing expert and has created Sleep Retreat to educate and inspire people to live their best lives.

What you experience and learn with us will empower you to know what you need to do every day in order to sleep well every night. Your body wants to sleep well, and it needs you to enable it to do so. It is our pleasure to help you do that.



WHAT IS BREATHING OPTIMISATION?

Your current breathing pattern is a result of your life so far. This can be either functional, or dysfunctional. For example if you snore, or suffer poor sleep, it is likely to be dysfunctional.

By showing your body a new way to breathe consciously (during the breathing exercises taught), with practice you can alter your subconscious (automatic) breathing pattern.

By learning to breathe in this way you can positively affect many conditions including:

- » Snoring and sleep apnoea
- » Congestion
- » Asthma
- » General fatigue
- » Sports performance
- » Anxiety

For further information, or to register for the next Sleep Retreat:

BreatheHealthRetreats.Com

WHAT'S INCLUDED?

- » 4 nights 5 days accommodation
- » Fully catered
- » 1 on 1 Functional Breathing Assessment
- » 1 on 1 Naturopathic Consultation
- » 1 on 1 Lifestyle and Mindset Coaching
- » 4 day Buteyko Breathing Optimisation Course
- » Fitness classes
- » Yin yoga relaxation classes
- » Various forms of Breathwork
- » Stunning location
- » Onsite facilities to promote great sleep
- » Time out each day to relax, unwind and breathe
- » Workshops focussed on Dan's 5 Pillars of Health: Detoxification - Nutrition - Breathing - Mindset - Motion

DATES: For dates and locations please see the website. Sleep Retreat typically operates once every 2 months.

CHECK IN: Between 4pm - 6pm.

CHECK OUT: Approximately 12pm.

COST: \$4900 Ex GST.

