

// BREATHROUGH STREAMING //

EVERY THURSDAY from Jan 7th till March 11th 2021

Try first and see if you like it

The first session is always free, you can try on whatever Thursday you like.

How much is it?

// BREATHROUGH STREAMING **3 classes : 300HKD**

// BREATHROUGH STREAMING **5 classes: 470HKD**

// BREATHROUGH STREAMING **workshop pass 10 classes: 900HKD**

How to pay?

you can choose from the below options:

Account Name: Angela Grossi

Bank: HSBC

account no. : 474786951292

Address: Head Office 1 Queen's Road Central, Hong Kong. SWIFT Code: HSBCHKHKKH

Account Name: Angela Grossi

Bank: N26

IBAN IT64 M036 4601 6005 2654 3634 753 BIC NTSBITM1XXX

PAYPAL <https://www.paypal.com/paypalme/breathrough>

booking.breathrough@gmail.com

Payment notification

Please send us a confirmation email at booking.breathrough@gmail.com specifying your purchased package from the below list:

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Is is a gift?

This gift is for: NAME / SURNAME / email _____

This gift is from: NAME / SURNAME / email _____

Gifting note:

You will receive by email your digital voucher.

How does it work?

Every Friday you will receive a reminder email with zoom link + ID code to connect for the following week session.

Some further info here:

Download Zoom

First thing first, download Zoom and check that the audio is working properly.

Audio setting

You'll be automatically linked with your microphone switched off. Please keep this setting from the beginning till the end of each session. For any communication you can use the group chat.

Privacy

The video option is at your total discretion. If you want to participate with your camera off please feel free to do so ;)

Headphones

Headphones are not mandatory but always recommended, so you can reach my voice better and tune in deeply with the sound.

"I must go" / "Sorry I am late"

Each session is about 60 mins, however if you have to disconnect earlier or you can join only late there is no problem, please feel free to participate as you wish.

Where / How

Choose a comfy and quiet spot where you can sit with a bit of space. You can sit on the ground with a pillow, on the grass, on the sand, directly on your bed, on the chair in front of your laptop... everything is fine. Choose what makes you feel better.

QnA

We always keep 10 mins at the end of each session.

You can join the Italian Class every Monday too!!!

Members can also link in to our Monday-kick-off session!!! It's the class but in Italian: a good chance to do some practice together, an opportunity test your Italian skills haha ;)

TUTTI I LUNEDÍ

ITA 7:00 am | HK 2PM

ITA 19:00 | NYC 1PM

Spotify to exercise

Members will receive the Spotify soundtrack every week, to train their breath independently until next week ;)