

^s SPEAKER BIOGRAPHY

Anthea Sweet



Anthea Sweet is an Advanced Yoga Sports Coach™ and Head of Faculty for the Institute of Yoga Sports Science®, training yoga teachers, ex-athletes/coaches and manual therapists to integrate yoga-based techniques into athlete training and treatment programmes. Also a Sports and Remedial Massage Therapist (L5, NLSSM), she integrates these skills into homecare for her clients. She has worked at all levels in a variety of sports from junior football academy and archery through to preparation for Olympic sprint trials.

Talk: Performance Breathing for Homecare: athletes, therapists and everyone else

Anthea will give an overview of the role and importance of sport-specific breathing work for performance and injury. We will explore simple but effective techniques which therapists can apply to client homecare and to themselves, to build breathing capacity and body awareness, and help manage performance nerves. This of course could be particularly important for people recovering from Covid or suffering from Long Covid. The session will be practical, please bring a [medium-tension exercise band](#), (something along these lines) if you have one.