

MANAGING TINNITUS WITH MEDITATION

Research shows that meditation has a positive effect in helping tinnitus sufferers reduce stress and manage their condition, but sitting in silence can be a challenge for people who suffer with tinnitus.

Our breathwork meditation sessions use the power of breath set to curated music to help you break through stress and find peace and connection to the present moment.

Visit our website or call us to book a private session.

J Laryngol Otol. 2008 Jan;122(1):31-7. Epub 2007 Apr 23. Clin Psychol Psychother. 2012 Sep;19(5):411-9. doi: 10.1002/cpp.756. Epub 2011 May 12.

VISIT US

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Alexander Audiology



POWER BREATHWORK

BREATHWORK MEDITATION

ABOUT BREATHWORK

Breathwork is an active form of meditation that uses the power of your breath to switch your body's nervous system from a state of stress to a state of relaxation and peace.

Our private sessions help you develop a daily practice that will quiet your mind and create joy and abundance in your life.

JUST BREATHE

PRIVATE BREATHWORK SESSIONS

▶ \$200/60- minutes

Consultations, journals and worksheets included.

JUST BREATHE

THE FOUNDER

Our founder, Eileen Fein, has a BA in Psychology and a Master's of Science from NYU. For more than 15 years she has worked as a patient advocate. She is trained in breathwork and has participated in UCLA's Mindful Awareness Research Center programs.



WHAT EXPERTS SAY

"Breathwork is a perfect meditation technique for people suffering with tinnitus because it uses a combination of breath and music to quiet the mind."

"I recommend Eileen to all my patients. With her background in science and compassionate nature, she guides patients through a one-of-a-kind experience that they come to rely on to reduce their stress."

**Dr Melissa Alexander, Au. D. CCC
Alexander Audiology**