

RE-INTEGRATE
YOUR BODY,
BREATH AND VOICE



DAVID WILSON IS AN
EDMONTON-BASED SINGER,
CONDUCTOR, VOICE TEACHER
AND YOGA INSTRUCTOR.
OVER THE LAST TWELVE YEARS
HE HAS DEDICATED HIMSELF
TO THE CREATION OF
BODY, BREATH AND VOICE
INTEGRATIVE THERAPY –
DESIGNED TO ASSIST PEOPLE IN
FINDING THEIR NATURAL BREATH,
A STRONG, LIMBER BODY, AND
THEIR AUTHENTIC VOICE.

*Build a Safe
and
Transformative
Personal
Practice...*

David Wilson

BODY,
BREATH,
AND
VOICE

INTEGRATIVE
THERAPY

David Wilson
BMus., MMus.
Certified Yoga Instructor

email: david@body-breath-voice.com

phone: 780.455.0318



780.455.0318

www.body-breath-voice.com

exhale...



*What we are thinking
affects what happens in our body...
And what happens in our body
affects how we think.*

Body, Breath and Voice Integrative Therapy (BBVIT)
is designed to assist with the following:

Emotionally-focused conditions:

Performance anxiety and stagefright, panic disorder, social anxiety disorder, post-traumatic stress disorder (PTSD), generalized anxiety disorder (GAD), depression, mood swings, difficulty with concentration, creative blocks.

Physically-focused conditions:

Backaches and spinal troubles, headaches, repetitive strain injury, aching muscles, chronic pain, inflammatory bowel disease, ulcers, acid reflux, heartburn, hyperthyroidism, pre-menstrual syndrome, insomnia.

Cardiovascular and respiratory ailments:

Asthma, sinusitis, bronchitis, colds, pneumonia, high blood pressure (hypertension), heart disease, chronic coughing, costochondritis.

Vocal difficulties:

Voice loss, speech impairments and throat ailments.

David Wilson

email: david@body-breath-voice.com

phone: 780.455.0318

SELF-AWARENESS
PRACTICES AND
SENSORY INTEGRATION
leads to the recognition of our
undesirable patterns, so that we
may allow more healthy patterns
to assert themselves.

BODY, BREATH AND VOICE
INTEGRATIVE THERAPY
IS A UNIQUE AND SOPHISTICATED
WHOLISTIC THERAPY
that incorporates yoga, breath therapy,
cognitive behavioral elements, vocal
entrainment and cellular-memory work.

