

About Tess Graham

Physiotherapist with a focus on breathing retraining to restore health and wellbeing

Tess Graham, physiotherapist and breathing educator, has delivered her ground-breaking breathing retraining to more than 5,000 people over the last 22 years. Helping people with snoring, sleep apnea, asthma, nasal problems and anxiety disorders has been her mission since witnessing her own children's recovery from the scourge of asthma. Tess established Australia's first dedicated breathing clinic in Canberra, Australia in 1993.

Through her media interviews, workshops and seminars, Tess debunks the myths and misinformation about breathing and breathing disorders and gives people tools to help restore extraordinary health and wellbeing through the simplest and most natural means. Through her publications and Online Breathing Course, Tess aims to make breathing retraining more widely available throughout the world.

For all press enquiries and interviews:

Email: Tess@BreatheAbility.com or admin@BreatheAbility.com

Phone: Within Australia 02 81881343 or 0401 368197

From overseas +61 2 81881343

Tess Graham website: BreatheAbility.com.au

Online Course: BreatheAway.com.au

Tess Graham BSc. Post Grad Dip Phty. Dip BM. MBIBH MBBEA