



PATINA  
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# IMPRINTS

Luxury experiences, cultural tastemakers



# Learning to Breathe with Avery Whitmore

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Meet The Practitioner

Through the ancient practice of breathwork, Avery Whitmore  
cultivates breath as a tool for profound spiritual wellbeing



“As energy flows more freely and our bodies become more connected, we experience greater unity with the cosmos, the earth, our hearts, and our visions. Breathwork offers an opportunity to deeply remember and reconnect with your truth and the universal truth.”







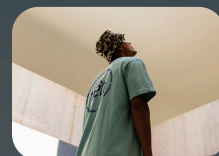
Having spent nearly a decade honing his craft of sound meditation and trauma-informed breathwork, Avery is intent on supporting the healing, wellbeing and expansion of humanity. With deep, intentional breathing techniques, he travels the world helping others find their own healing journeys.

Avery visited Patina Maldives in 2023 to guide a series of breathwork workshops as part of the Cosmopolitan Ocean festival, a four day journey centred on the ocean as a theatre of human connection





A breath of island air



Be in the know

