Take A Breath Community Wellbeing Programme

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Press release

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MindBody Synergy CIC has released preliminary participant evaluation findings from Take A Breath, a community-based restorative wellbeing programme delivered on 22 August 2026 at Kingsway Community Centre. The event was sponsored by Tele-Therapies Ltd and brought together breathing practices, movement, rhythm, meditation (chanting & Sound bowl), creative activity and social connection.

Fourteen participants completed the post-event evaluation. Across the six measured wellbeing dimensions, participants reported higher post-session ratings for calm, energy, breath awareness, emotional wellbeing and connection with others, while self-reported stress decreased.

Key Preliminary findings

The preliminary evaluation of 14 participants showed positive changes across all six measured wellbeing dimensions.

Self-reported stress decreased from 2.9 to 1.6, a 1.3-point reduction, while breath awareness increased from 2.3 to 4.2, the largest positive change observed. Participants also reported improvements in calm (3.1 to 4.3), energy (3.0 to 4.0), emotional wellbeing (3.2 to 4.1), and connection with others (3.0 to 4.0).

The programme received an average overall rating of 4.1 out of 5 stars, and all 14 respondents indicated that they would probably or definitely attend again or recommend the programme to others.

Thirteen participants were attending Take A Breath for the first time, while one was a repeat attendee.

Participant experience

The evaluation suggests that participants particularly valued the Sound Bowl Meditation, which was the most consistently highly rated activity and the most frequently cited favourite. Dancing Breath – Zumba, Guided Breath Codes and Chanting Breath Rhythm also received strong feedback. Participants described feeling calmer and more relaxed, learning new breathing techniques, experiencing deep relaxation and feeling motivated to continue breathing, meditation or chanting practices at home.

The participant profile included nine people aged 61+, four aged 46–60 and one aged 18–30. Overall ratings comprised three 3-star ratings, seven 4-star ratings and four 5-star ratings.

From community programme to research development

Dr Devi Sundar, Founder and Director of MindBody Synergy CIC and Tele-Therapies Ltd, said:

“Take A Breath was developed to bring together breathing, movement, relaxation, creativity and connection in a community setting. The initial participant feedback is encouraging, particularly the observed changes in self-reported stress and breath awareness. These findings provide a useful basis for refining the programme and considering a more formally designed prospective feasibility study.”

The current evaluation was undertaken as part of the programme’s community feedback and improvement process. Participants provided written agreement to participate and consented to anonymous use of feedback for programme evaluation.

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Next steps

MindBody Synergy CIC and Tele-Therapies Ltd intend to build on the findings through future Take A Breath sessions and a stronger prospective evaluation framework. A future feasibility study could examine recruitment, retention, acceptability, safety, completion of outcome measures and changes in selected wellbeing outcomes over time.

About Dr Devi Sundar

Dr Devi Sundar, PhD, is an Independent Scientist, Post-Doctoral Researcher, and founder and Director of **MindBody Synergy CIC** and **Tele-Therapies Ltd**. Her interdisciplinary work spans psychology, respiratory health, behavioural and psychosocial research, wellbeing, pulmonary rehabilitation and mind-body health.

Dr Sundar's doctoral research focused on:

"Integrative Pulmonary Rehabilitation: A Biopsychosocial and Transdisciplinary Care Model for Mind-Body Health in Chronic Respiratory Disease Management."

Her continuing research activities include **behavioural and psychosocial research, survey research, health-related research, intervention development and evaluation, research dissemination, and interdisciplinary research**.

Dr Sundar has also undertaken public-health research examining awareness of mental health in chronic respiratory disease. This includes the UK national **Breath & Mind Awareness Survey**, conducted in October 2025, which examined public awareness of the psychological and mental health dimensions associated with chronic respiratory disease, with the findings subsequently reported in November 2025.

Her research and professional interests centre on developing and evaluating **integrated, person-centred approaches that connect psychological wellbeing, respiratory health, behavioural science and mind-body health**.

About Tele-Therapies Ltd

Tele-Therapies Ltd is an independent health and research organisation undertaking interdisciplinary activities across psychology, respiratory health, behavioural science, wellbeing and health-related research. Tele-Therapies is subcontractor / partner of MindBody Synergy CIC.

About MindBody Synergy CIC

MindBody Synergy CIC, community focused organization dedicated to support community wellbeing experiences designed to through evidence-informed holistic mind-body programs, breath awareness and mind-body healing practices, therapeutic support, education and community wellbeing.

Media contact

MindBody Synergy CIC

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