



# Harley Street at Home

MENOPAUSE

## Breathwork Expert Melike Hussain



Melike is a Certified Mindfulness Teacher, Conscious Breathing Coach and a Qualified Nurse. She is the founder of [BreathZone](#) – holistic health company serving individuals, corporates, institutions and public.

Melike started her professional life as a Qualified Nurse, having graduated from a 4-year medical school. She practiced as an A&E Nurse, while also continuing her university education, and then decided to pursue a career in Finance.

Melike's holistic health journey started following 15 years of successful career as Finance Director. A stress-induced burnout left her temporarily paralysed – unable to speak or move – igniting her curiosity in natural tools and remedies.

Astounded by the complete transformation in her body and mind, within a short space of time, thanks to Conscious Breathing and Mindfulness practices, Melike was inspired to train in these two modalities and share them with others.

She is passionate about empowering her clients with a practical toolkit of medically safe and science-backed natural practices, tailored to their particular needs and objectives – helping them to take charge of their health, wellbeing, energy and productivity in all aspects of their lives.

[www.harleystathome.com](http://www.harleystathome.com) | Instagram @harleystreetathomemenopause  
Facebook: Search Harley Street At Home Menopause to join our private community



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## Melike's work

Widely featured in broadsheets and publications, Melike works with private clients, institutions and corporations, as well as offering consultancy services to brands, looking to incorporate Breathwork and Mindfulness into their product and service offering.

Melike offers one to one sessions to her private clients; bespoke training events to her corporate clients as well as public workshops and courses.

Melike works with her clients in a range of subjects including

- Stress and anxiety management and reduction strategies
- Resilience building and flourishing through change
- Breathwork and Mindfulness for mental and emotional health
- Burnout prevention
- Alleviating sleep problems and learning how to sleep well
- Deep relaxation
- Enhancing physical energy and performance
- Training attention for focus and higher performance
- Menopause health and wellbeing

Find Melike at:

Website: [www.breathzone.com](http://www.breathzone.com)

Email: [melike@breathzone.com](mailto:melike@breathzone.com)

Instagram: [@Breathzonelondon](https://www.instagram.com/Breathzonelondon)

Facebook: [@Breathzone](https://www.facebook.com/Breathzone)

LinkedIn: [@Breathzone](https://www.linkedin.com/company/Breathzone)

YouTube: [@BreathZone](https://www.youtube.com/BreathZone)