



CHRISTOPHER AUGUST

MEDIA KIT 2024





ABOUT CHRISTOPHER

Christopher August is a devoted father, Coach, Facilitator and Co-Founder of Beats and Breath and Masculine Mastery who is on a mission to create a more conscious, connected world. Through his grounded presence, intuitive guidance and visionary leadership, Christopher has become a beacon of inspiration, empowering thousands of individuals from around the globe on their journey of self-discovery. With over 15 years of experience in the realms of personal and leadership development and holistic wellness, he has deep understanding of what it takes to help people break free from their own limitations, discover their higher purpose and become the greatest, most authentic version of themselves.

FEATURED IN



WELL + GOOD



KEYNOTE TOPICS

MASTER YOUR BREATH, ELEVATE YOUR LIFE

How to unlock the power and potential of your breath to heal trauma, expand your consciousness and manifest the life you desire

SOUL-CENTERED LEADERSHIP

How to lead yourself and others from a place of integrity, vulnerability and authenticity

FINDING YOUR LIGHT IN THE DARKNESS

How to transform your shadows into your greatest gifts and discover your higher purpose using the wisdom of the Gene Keys

MASCULINE MASTERY

How men can open their hearts and tap into their authentic power and creative genius in a disconnected world

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FULL BIO



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Born and raised in the suburbs of Buffalo, NY, Christopher, since a young age felt the call to adventure. In 2012, after completing his master's degree in Organizational Leadership, he made a bold decision to leave his lucrative corporate job behind in pursuit of a greater calling to explore the world and assist others. For two years he lived in a small rural village, serving as a Peace Corps volunteer. By day, he worked as a health advisor and business development guide in the local community and by night he traveled his own inner landscapes in search of the answers to the deeper questions of life. Through a deep communion with nature and a transformative daily practice of writing, meditation, yoga and breathwork, he began to forge a new and profound connection with himself, allowing him to uncover a deeper sense of happiness, meaning and freedom.

Since then, Christopher has traveled the globe, studying and training in various healing modalities and tools, including breathwork, Gene Keys, herbalism and energy work while at the same time, coaching, connecting and collaborating with people from all walks of life from high-performing business leaders and thought-leaders to creatives and seekers. He believes that everyone has unique soul blueprint that is waiting to be embodied and expressed and therefore, has dedicated his life to helping others align with their true self.

Most recently, Christopher's breathwork company and mobile app, Beats and Breath has emerged as a leading-edge solution for those seeking self-mastery and mind-body healing. Their innovative technology and practice, Sonic Breathwork™ blends together ancient rhythmic breathing techniques with modern music production and the latest advancements in bioacoustics to optimize and enhance one's physical, mental, emotional, and energetic well-being in a matter of minutes.

You can learn more about Christopher and his offerings at christopheraugust.co or on Instagram [@christopher_august](https://www.instagram.com/christopher_august).

