

Meghan Markle teaches us how to... BREATHE! Duchess's Vogue claims secret to well-being is in your 'inhale and exhale' technique (but £4,398 trip to Indonesian 'breathing workshop' does help)

- Article on the importance of 'inhaling and exhaling' features in new British Vogue
- September edition has been guest-edited by well-being devotee Meghan Markle
- It suggests readers can fork out £4,398 for breathing trip to an Indonesian resort
- Breathing guru Augusto Vegas shares tips such as 'breathing through your nose'

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Meghan Markle's guest-edited issue of British Vogue suggests a week-long 'breathing workshop' costing £4,398 as a way to improve your well-being.

An article on the importance of 'inhaling and exhaling' features in the fashion magazine's September issue, which has been overseen by the **Duchess of Sussex**.

Famed for her fondness of fitness, yoga and other wellness routines, the royal has filled her edition with some of her favourite causes and tips.

Among them is a feature on the benefits of breathing, and 'learning not to take this essential biological function for granted'.



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Meghan Markle's guest-edited issue of British Vogue suggests a week-long 'breathing workshop' at Nihi Sumba costing £4,398 as a way to improve your well-being.



The course is led by breathing expert and freediver Augusto Vegas (pictured), who claims that we are all guilty of 'over-breathing' during our daily lives



Meghan Markle (pictured above) is said to have been working on the project whilst on maternity leave and PR experts have said it was an opportunity that could not be missed

The article even suggests readers can fork out more than £4,000 per person for a trip to a luxurious Indonesian resort for a week-long breathing workshop.

The world-renowned Nihi Sumba is often ranked the best hotel in the world, and provides a plethora of well-being and relaxation courses for A-list guests.

Vogue adds that those wanting to sample the breathing classes will need to stump up £4,398 each, which includes flights and transfers to the resort plus meals.

The course is led by breathing expert and freediver Augusto Vegas, who claims that we are all guilty of 'over-breathing' during our daily lives.

Tips shared by Vegas include breathing 'through your nose most of the time', and taking 'two or three deep breaths' when in the need of relaxing.



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