

SONJA "SONNI" WÄGER-KUHN

SOMA Breath® Master Transformational & Therapy Coach, Yoga Teacher Trainer (E-RYT 500), Founder of Flowing AthletiX® - Yoga meets Athletics, BreathQ® Academy Teacher Trainer

"True strength is not about pushing harder—it's about learning when to surrender, breathe, and let life flow."

Born in Hamburg, Germany, my journey has taken me across the world, from the skies as a flight attendant to the depths of personal transformation through breath and movement. I have always been fascinated by the connection between body, mind, and breath. But it wasn't until life threw me into one of my greatest challenges that I truly understood its power.

When my second child suffered severe oxygen deprivation at birth, leaving him with lifelong disabilities, my world turned upside down. Fear, exhaustion, and an overwhelming sense of responsibility consumed me. The life I had envisioned was no longer my reality. And yet, through this challenge, I found my purpose.

Breathwork became my anchor—helping me navigate uncertainty, release trauma, and find strength in the present moment. As a former competitive athlete, I understood discipline and endurance, but breathwork taught me something deeper: **the ability to transform pain into power, chaos into clarity, and fear into resilience.**

Breathwork with Sonni

Today, I dedicate my life to **helping others tap into this inner superpower.** My approach is based on SOMA Breath®, an internationally leading breathwork school in which I excelled as one of only 21 Master Transformational and Therapy Coaches worldwide. The unique blend of science-backed breathwork with brain entrainment music technology became a major source of inspiration for my work. Since 2017 am successfully hosting sold-out retreats in Europe in which I hold a safe space for people to reconnect with themselves, process trauma, and cultivate resilience.

You can also find me here on [BreathQ®](https://www.instagram.com/sonja_waegerkuhn/).

Expert in: SOMA Breath®, Wim Hof Method, Yin, Slow Flow, Dynamic Vinyasa, Hatha, Yoga Nidra, Manifestation Techniques, Guided Meditation

Instagram: https://www.instagram.com/sonja_waegerkuhn/