

# Breathing Room: Acupuncturist Melanie from Park City

2020 has delivered layers of meaningful lessons on the value of breath and our ability to breathe. Come step with me into the Breathing Room. Listen to my short conversations with women from a variety of natural health modalities who share thoughts on this theme of breath. You'll discover the gift of a tip or practice you can put to use now in order to improve your breathing and harmonize your nervous system.

Acupuncturist and yoga instructor, Melanie Buckley, has been supporting her Park City, Utah clients through anxiety and the drifting smoke from the nearby forest fires with a variety of techniques. Listen in and catch a few tips on deepening your breath and harmonizing your nervous system.