

Breathing Room: Brain-based wellness expert Elisabeth from Austin

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 these 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 harmonize your nervous system and restore your ability to breathe.

You won't want to miss a minute of this interview with Elisabeth Kristof brain-based wellness expert from Austin. Full of wisdom and practical guidance Elisabeth shares two breathing techniques to reset your nervous system right now.