

# **Breathing Room: Gemmotherapist Lena from Kyiv**

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 in to 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.

Lena Kozlovets, from her home base in Kyiv, Ukraine has been supporting Russian and English speaking clients who struggle with breath from COVID. She has had great success in naturally resolving their breathing challenges with Gemmotherapy extracts.