

# Breathing Room: Meditation Instructor and Mind-Body Therapist Kelly 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 in to my short conversations with women from a variety of natural health modalities who share their thoughts on this thought-provoking 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.

Drop into this conversation on breath and discover why Kelly Lindsey is Austin's go-to source for meditation instruction.

So many nuggets of wisdom in this short but sweet conversation.

it is one of four fundamental elements It's always a delight to spend time in the company of psychotherapist and passionate polyvagalist Cameron Scott. Tune in to our conversation and learn what a struggle for breath actually communicates to your autonomic nervous system and add another breathing technique for your tool kit.