

# **Breathing Room: Reiki practitioner and Homeopath Isabel from Boston**

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 improve your breathing and harmonize your nervous system.

Sharing two remarkable breathing exercises Isabel reminds us of the beauty of simplicity. Based in Boston Isabel works with clients remotely to harmonize their nervous system using all the tools she has gained over her lifetime.