

# **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.

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# **Breathing Room: Passionate Polyvagalist Cameron Scott**

# from Massachusetts

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## **Breathing Room: Brain-based wellness expert Elisabeth from Austin**

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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.

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## **Breathing Room: Homeopath and Gemmotherapist Jhuma from Boston**

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Jhuma Biswas, Homeopath and Gemmotherapist from Boston is my guest on this episode. Jhuma shines a powerful light on our collective struggle for breath and guides listeners to find the in-between spaces in their breathing and in life.

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## **Breathing Room: Acupuncturist Melanie from Park City**

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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.

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

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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.

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

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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.