

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.

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.

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.

Exploring Polyvagal Theory: Vertigo and The Dorsal State

Stephen Porges, founder of the Polyvagal theory tells us that *neuroception* evaluates risk in the environment without awareness. Could it be that our neuroception picks up on cues of danger without our awareness and triggers episodes of

vertigo? That's exactly the idea that I put forth in this recording with Japanese acupuncturist Maegan Lemp and Psychotherapist Cameron Scott. If you have vertigo or know someone who does this is a not to miss opportunity.

The polyvagal theory helps us see and understand habitual emotional patterns enough to interrupt them. In this organic series of on the spot learning, Health educator and Gemmotherapy expert Lauren Hubele, Japanese Acupuncturist Maegan Lemp guests explore the use of the Polyvagal Theory as a guide for selecting extracts.

Breathing Room: Acupuncturist Melanie from Park City

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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.

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.

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.

Exploration of Polyvagal Theory: Breath and your story of safety

Watch a baby breathe and you will see that they breathe with their entire body. There's no holding back and that breath nourishes every cell. In today's episode you will discover how to get some of that goodness for yourself. With all that 2020 continues to deliver you might want to listen in to our conversation and take some notes. This one's packed with Asian Medicine, Polyvagal, and Gemmotherapy resources you will want to access for yourself and your loved ones.

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Exploring Polyvagal Theory: A Recipe for Resolving Toxic Stress

Take a pandemic, add economic challenges, the unveiling of rampant racism, the grief and loss of everyday life AND add a hurricane or fire and you have the potential for toxic stress.

Alaine Duncan, in her book *The Tao of Trauma*, refers to this as a state of allostatic overload. Every system in your body screams, "It's too much!" Come pull up a chair and listen to this engaging conversation with guest and passionate polyvagalist, Cameron Scott and Hospice RN Megan Ethridge.

Megan is just twenty days out from evacuating her family from Lake Charles, LA in the face of Hurricane Laura. Countless juicy take aways in this one folks.

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Exploring Polyvagal Theory: Navigating Loss and Grief

Teri Brooks, part of the Gemmo Memo team drops into conversation with Maegan and me in this special episode. Set some time aside to listen to this touching and personal

discussion of grief and loss through the polyvagal lens. I am so grateful to Teri for showing up so bravely and sharing what has worked and what Gemmos she would not be without as she navigates these early stages of grief.

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Meditate with Me: Loving Kindness, Part One of The Four Limitless Qualities

Last March when we stepped into the great unknown now called a Pandemic I wondered how I might offer further support to my community. What I knew I was going to need in the time of uncertainty was more meditation. And so along with my friend and colleague Isabel Frankel, I began offering a free drop-in gathering on zoom. Much to my surprise, seven months later we are still at it. In this podcast, you will find a selection of the meditation practices we have shared. Whether you are just beginning your meditation practice or are looking for some new techniques you are in the right place. Welcome!