



Breathwork as a Tool for Trauma: Healing and Regulating the Body, Mind and Soul

- To get in touch with me or to learn more about how I work with clients, visit:

www.amindfultransformation.com

- To learn more about holotropic breathwork and its benefits, visit:

<https://www.holotropic.com/>

<https://onlinebreathworkjourneys.com/>

- If you prefer to read, check out the following books:

The Body Keeps the Score, by Bessel Van Der Kolk

The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication and Self-regulation, by Dr. Steven W. Porges, PhD

Holotropic Breathwork: A New Approach to Self-Exploration and Therapy, by Stanislov Grof and Christina Grof

- If you prefer podcasting, check out:

We Can Do Hard Things with Glennon Doyle

