

Resources

Resperate to Illuminate: Breath & Body therapy
www.resperatetoilluminate.co.uk

First-Breath
www.first-breath.co.uk

British rebirth society
www.rebirthingbreathwork.co.uk

International Breathwork Foundation
www.ibfbreathwork.org

Breathwork: A Little Book of Self Care
<https://amzn.eu/d/bSFKjib>

