

Resources

Journey of the Swan: Breath & Body therapy

www.HolisticSwanJourney.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>

