

SHOW NOTES



Episode 38: Breathwork

IGG mom & yoga teacher Lynne Silva

<https://www.facebook.com/rebelspiritryoga>

Rachel Reilly, Holistic Wellness Consultant

RKRevolve.com

IG: @RKRevolve

4 types of breathwork covered in the episode:

- Holotropic Breathwork.
- Rebirthing Breathwork
- Clarity Breathwork.
- Biodynamic Breathwork

Names of other breathwork practices:

- Integrative Breathwork
- Shamanic Breathwork
- Vivation
- Zen Yoga Breathwork
- Transformational Breathwork
- Wim Hof Method