

And Breathe

Rebecca Dennis



References and Resources

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- John Bradshaw, *Healing the Shame That Binds You*
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- Richard P. Brown, MD, and Patricia L. Gerbarg, MD, *The Healing Power of the Breath*
- Deepak Chopra, *Ageless Body, Timeless Mind*
- Donna Farhi, *The Breathing Book*
- Ana Forrest, *Fierce Medicine*
- Thich Nhat Hanh, *Anger*
- Sandra Ingerman, *How to Heal Toxic Thoughts*
- Anodea Judith, *Eastern Body, Western Mind*
- Liz Koch, *Core Awareness*
- Judith Kravitz, *Breathe Deeply, Laugh Loudly*
- Al Lee and Don Campbell, *Perfect Breathing*
- Peter A. Levine, *In an Unspoken Voice*
- Dr Candace Pert, *Everything You Need to Know to Feel Go(o)d*
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- Michael A. Singer, *The Untethered Soul*
- Jo Ann Staugaard-Jones, *The Vital Psoas Muscle*
- Eckhart Tolle, *The Power of Now*

Music for breathing sessions

Tina Malia & Shimshai, 'Gayatri Mantra'

Craig Pruess & Ananda, 'Devi Prayer'

Buddha Bar, *Buddha Bar Nature*

Xavier Rudd, *Spirit Bird*

How to find facilitators for breathing one-on-ones, workshops and retreats

www.breathingtree.co.uk

www.inspirationspace.co.uk

www.transformationalbreath.com

www.transformationalbreath.co.uk

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