

THE *breathwork* COMPANION

MARGARET TOWNSEND


Read by the author

In this rich guide to our body's greatest wellness resource, Margaret Townsend draws on her three decades as a professional breathwork facilitator to offer a complete program of exercises, inspiring stories, prompts, and more to help listeners unlock the innate wisdom of their breath.

Learn the best ways to wake the body up in the morning and wind it down at night. How to strengthen the mind-body connection to boost the immune system and decrease inflammation. How to manage specific emotions including anger, fear, anxiety, worry, sadness, grief, fatigue, and stress. How to increase self-compassion and find a calmer, more balanced state. Even how to breathe better while wearing a face mask.

Given that people inhale and exhale roughly 20,000 times a day, we have countless opportunities to make the most of our breath. Here's how to start.

MARGARET TOWNSEND has been a practicing breathwork facilitator since 1993, teaching individual and group breathwork sessions. She is also a certified Hakomi mindful somatic psychotherapy practitioner, and is trained in mindful self-compassion, qigong, and nonviolent communication, with a background in dance, yoga, and fitness and a thirty-year meditation practice. Townsend is an affiliate member of the Global Professional Breathwork Alliance who received her breathwork certification from Judith Kravitz, founder of the Transformational Breath Foundation. She lives in Portland, Oregon.

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Playing time: 6.5 hrs • Unabridged

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