

## WHAT IS INTEGRATIVE BREATHWORK?

Integrative Breathing is a potent, safe and natural healing process which utilizes breath expansion and awareness to induce transformation; physically, emotionally, mentally and spiritually. Breath is our most important connection to life energy, because it is the first and last action that we take during our life. As we expand the quantity and quality of breath into our body, healing energy is created and intensified. This promotes an increased state of aliveness and a connection to what is most essential to ourselves, both on a personal and transpersonal level. This energy can also facilitate awareness and release physical, emotional and mental blocks. Each breath becomes an opportunity not only for self-nourishment, but also for the release of unconscious barriers barring one from experiencing life harmoniously.

Integrative Breathing promotes the possibility of experiencing and healing trauma and tension carried from birth up to our present day life. It is a process that teaches and guides us towards our essential capacity to experience each moment of life as pregnant with possibility, a moment of rebirth into life and love. In this context, one can integrate physical, emotional, mental and spiritual experience, and all aspects of self, thus moving into profound acceptance of oneself, others and life.

## CLIENTS CAN LOOK FORWARD TO:

- \*A safe space for the session to occur
- \*Experiencing the power of breath to heal and connect
- \*Expanding consciousness
- \*Experiencing more joy
- \*Increasing energy and creativity
- \*Integrating suppressed emotions
- \*Releasing childhood and adult traumas
- \*Improving mental and emotional clarity
- \*Reducing stress
- \*Rising above limits
- \*Learning how to be more positive
- \*Releasing shame and guilt
- \*Practicing living in the present moment
- \*Learning to forgive yourself and others
- \*Feeling more authentic
- \*Increasing self esteem
- \*Changing long standing patterns of self-limitation
- \*Reducing tension in the body
- \*Opening the heart more fully towards oneself and others
- \*Seeing your life for the miracle it is

## BARBARA R. MORRIS

Barbara received a Master's Degree from Johns Hopkins University in education and minored in guidance and counseling. She is an experienced educator, having taught in elementary education for Baltimore and Howard Counties and in private schools for 33 years.

Barbara is a senior member of the Inspiration community. She graduated in 1987 in the first class of Integrative Breathwork practitioners, trained by Jessica Dibb, spiritual director of the Inspiration community. Barbara also studied under one of the pioneers of breathwork, Stan Groff, M.D., at the Esalen Institute in Big Sur, CA. She took additional education courses in psychology dealing with personality disorders at the Sheppard and Enoch Pratt Hospital.

Barbara is active in her neighborhood community as a speaker, life coach, teacher, artist and jewelry designer. She currently teaches students of all ages to paint mandalas which may be used for focusing attention and creating a sacred space for meditation.