



soundyogastudio

Oh, Colleen, thank YOU so much!! It is definitely helping me - and not just during or right after - I find myself relocating my breathing during the day (noticing that I am breathing from my shoulders and then consciously moving my breath down into the lower part of my lungs, or into my back, etc.) Things like that are happening - and they wouldn't be if it were not for you and the practice.

*K. Taylor*