

BREATHWORK

Breathwork is a powerful, safe and gentle breathing technique used to create a greater flow of energy in the body. To give you an idea of what Transformational Breathwork is all about we asked [**Craig Ferree,**] the most recent therapist to join our staff, a couple of questions:

[Craig] What is Breathwork?

Breathwork is this amazing experience for people looking to relax, decompress and clear a lot of the stuff they've been dragging around with them. It's pure energy work. You show up, I take you through some very specific breathing techniques and through the work itself, much of what you've been holding onto has a chance to finally let go.

That sounds great but is this something physical, emotional or is it spiritual?

Good question because it's really about all three. Physically, we release the tension we've been holding onto in our bodies. Stress literally "kicks off." For some people who have locked up biographical memories, there's this fantastic opportunity to let that energy clear from the system. We feel so much lighter! And spiritually yes, it's all about opening the channels between ourselves and Spirit.

When should I do it?

Without exception, I think everyone would benefit from the Two Bunch experience faster, fuller and more completely if they treated themselves to a Breathwork session when they arrive. Practically speaking, it's all good! Some really wonderful people have approached me several days into their stay and had incredible experiences. In each case, it was simply the right time for them.