**Advanced Breathwork Practitioner Course**

**Reading List**

1.Shut up and Breathe: Dan Brulé

2. Just Breathe. Dan Brulé

3. Rebirthing in the New Age: Leonard Orr and Sondra Ray

4. Vivation: The Science of Enjoying All of Your Life. Jim Leonard/Phil Laut

5. Light on Pranayama. BKS Iyengar

6. *Evolve your Brain. Joe Dispenza*

*7. Biology of Belief. Bruce Lipton*

*8. The Science of Breath. Swami Rama*

9. Radical Healing. Rudolph Ballantine

10. Heart Coherence 356: A guide to long lasting heart coherence. David O’Hare

11. Breathe Well, Be Well. Robert Fried

12. Free your Breath, Free your Life. Dennis Lewis

13. The Healing Power of the Breath: Richard Brown and Pat Gerbarg

14. The Complete Breath: Jim Morningstar

15. Holotropic Breathwork: Stan Grof

16: The Breathwork Experience: Kylea Taylor

17. Breathe Deep, Laugh Loudly: Judith Kravitz

18. My Energy Codes: Ela Manga

19. The Book of Doing and Being: Barnet Bain

20. The Work: Byron Katie

21. The Art of Breathing: Nancy Zi

22. Biology of Belief: Bruce Lipton