



Kathleen Booker: Breath is Your Key to Release Stress



Kathleen Booker is a certified Breathwork coach in Conscious Connected Breathwork Therapy, has worked with many masters in the field, and is known for her loving kindness and overflowing joy. For more than 10 years Kathleen has used her Breath coaching and intuitive skills to support individuals, identifying areas in need of growth and goal creation. Dive deep with the “Queen of Serene” into a gentle breath meditation and a place of inner peace, love and grace.

TOP EMBODIMENT TIP: We support people from our overflow – be gentle with yourself and use the Breath to fill you up.

Compassion: Let's honor that there is grief and loss for all of us, and life goes on

- Kathleen shares how the recent death of her dear mother affected her and how she copes with it.
- There are people all over the world who experience stress, e.g. receiving a catastrophic medical diagnosis, couples who separate, losing their job, at their last 25 Dollars, starting their own business.
- Stress can feel like fear, panic, anger, overwhelm. How can I get myself to be willing to ground from there?
- She offers a free Breathwork session as a gift (link below under resources) and a 30 minute “Your Time Chat”.

Coaching: “No matter how much my heart is shattered or my mind keeps going – at the same time there is peace”

- Some attendees of the conference open up, sharing their momentary struggles in this safe space.
- Kathleen supports them by giving empathy, offering reframing and advice, and showing how to let go of the feelings we pick up from others while breathing consciously. *“Brush off our minds, brush off our hearts, brush off the energy that is not ours, and breathe”.*

Breath: How conscious connected breathwork supports us releasing stress

- Kathleen visualizes, with mimicry and inner dialogue, what goes on inside us when we are stressed.
- The breath releases cortisol from our body and increases good-feeling hormones (like endorphins) in our body.
- The breath will soften the shoulders, release from our heart that which is not ours, and guide us to a place within us.
- The breath builds the muscle of remembering: *“I am calm.” “I can focus.” “I can take time for myself.”*
- Additional benefits: healthy respiratory system, enhanced immune system, access to inner guidance (intuition).

Resources

- ❖ **Gift:** [A Free Breathwork Session](#)
- ❖ **Coaching:** [Individual Breathwork packages](#) (combined with Coaching)
- ❖ **Retreat:** [Liberation Retreat](#)
- ❖ **Website:** www.kathleenbooker.net
- ❖ **e-mail:** Kathleen@kathleenbooker.net
- ❖ **Social:** Instagram: [@iamkathleenbooker](#), Facebook: [@BreathingforFreedom](#), LinkedIn: [Kathleen Booker](#)



All Meditation & Breathwork Presentations are Proudly Sponsored by

Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

The Embodied Present Process is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

the
**embodied
present**
process

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?



Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



Learning lists

Bite-size lists to help structure and guide your learning.



Recommendations

Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)