



Michael Stone: Surfing Life's Challenges Using Breathwork



Michale Stone is a transformative teacher of using Breathwork supported by music to learn to go with life's flow as we face adversity and challenges. He is the Founder of Neurodynamic Breathwork. Discover and explore Breathwork for surfing life's challenges to help us navigate stressful times in our life. Experience less fear, anxiety and greater confidence using breathwork as a support structure.

TOP EMBODIMENT TIP: Everybody has amazing unlimited potential in their life and Breathwork supports this reality.

Breathwork:

- Michael wondered what types of experiences were available to bring a sense of connection.
- **Holotropic Breathwork:** a modality that must be done 1 facilitator to 10 people.
- Created **Neurodynamic Breathwork Online:** getting in touch with inner guiding intelligence.
- Breathwork is a modality of complete, non-suppression - an opening up and letting go.

Music Practice: **Allowing your body to move as it wants to.**

- This music practice follows a trajectory, starts with a couple of tracks with a nice beat, an energetic peak, with heart music and integration music at the end.
- Move your body in a flow with the music; allows you to take a step and supports you into the breathwork process.

How can Breathwork Help?: **How does breathwork help with daily and worldwide stress?**

- Recognise your stress levels, Breathwork is an adjunct to your usual ways of dealing with/releasing stress.
- Breathwork journey brings a catharsis of bioenergetic blocks of tensions and emotions in the body; don't suppress them- allow yourself to feel emotions while learning to trust yourself.
- During Breathwork people may come up against fear, a feeling like a threat- as Breathwork may be something new.
- This can reframe fear, open up to new possibilities; fear becomes more like a beacon rather than a stop sign; we learn to process through fear and look for the opportunities and become more confident in this process.

Create Practices: **To maintain a practice enables powerful change over time.**

- Create a routine - a time and a mindset to practice, listen to the body for when to enable change, and for how we deal with comfort in relation to change & stress. Consider the neuroscience basic-principle - neurons that fire together, wire together.

❖ **Playlist:** Email admin at website below for suggested tracks

❖ **Courses:** Train Your Brain, Master Your Life

<https://www.holotropicbreathworkla.com/retrain-your-brain-using-principles-of-holotropic-breathwork/>;

❖ **Website:** <https://www.holotropicbreathworkla.com/>;

❖ **References:** Dr. Stan Grof and Christina Grof, Byron Metcalf (music)



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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.

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