



## Heather Davis and Kappy Laning: Integrating Breathwork Practice into Medical Settings



Heather Davis, a Doula and Integrative Breathwork Practitioner, is trained in coherent breathing. Through her private practice she has introduced thousands of people to the healing power of the breath. Heather also works in a medical setting receiving patients through physician referrals. Kappy is an Integrative Breathworker and Pediatric Nurse Practitioner. She is especially interested in helping others heal from early developmental challenges and trauma. Discover how both women are integrating conscious breathing practices into western medicine.

**TOP EMBODIMENT TIP:** See your breath as your friend, a loving companion. The way you breathe is the way you live.

### Breathwork: Transformational Therapeutic Tool

- It balances and resets the autonomic nervous system and balances emotions.
- It intensifies healing energy, reduces pain, and can alleviate physical symptoms.
- It opens us to non ordinary states of consciousness, which allow us to experience ourselves and others in a more expanded accepting way. Things that may be unconsciously stored away have a safe space to be expressed in the present, which helps integrate and resolve trauma, limiting beliefs and builds trust.
- It empowers people to become more actively engaged in their lives and healing.

### Courageous Breathers: Case Studies

- Example one: Female, mid 30's, with anxiety, depression, insomnia, confused about future, lack of control. After working with Heather she discovered her previous concerns no longer mattered and she switched from self limiting beliefs to focus on what she already had. She is now hopeful, looking forward to the future, and opening to others.
- Example two: A Neonatal Intensive Care Unit baby born at 24 weeks of gestation was sent home on oxygen, and was still unsettled and not sleeping weeks later. Kappy demonstrated how to use her own breathing to calm the infant and help her feel fully supported and safe. She shared grounding practices with the parents. The parents reported immediate improvements with the whole household able to sleep.

### Presence: Healing Force Of The Caregiver

- The quality of the caregivers' presence is as much of a healing force as what the caregiver is doing for the care seeker.

### Resources

- ❖ **Kappy's Website:** [www.inspirationcommunity.org/practitioners/kappy-laning](http://www.inspirationcommunity.org/practitioners/kappy-laning)
- ❖ **Heather's Website:** [www.breathingconnections.com](http://www.breathingconnections.com)
- ❖ **References:** [Global Professional Breathwork Alliance](#)
- ❖ **References:** [International Breathwork Foundation](#)



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**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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**Guided Practices**

1. [1:01] Breath Practice