

MARCH 9, 2021 TESTIMONIAL FROM GREG HEATH-HILL - BREATHE

Hello Carol,

I sure enjoyed your Breathe class.
Many thanks for sharing it with me and our Zoom classmates.

I got a lot out of the class.
And, I don't feel like I'm the same person I was before it started.
I feel taller, and I'm breathing better.
There is more space now; a bigger container with more room for things.

This class offered such a nice synthesis of body, mind, emotions, and spirit,
and a welcome invitation to be in, and come from, our place of the observer.
Also nice to see this work grounded in esoteric wisdom.
I got a lot out of reading your book with its reference to the teachings.

I'd worked on my posture before;
I'd worked on my breath before;
I've been a meditator . . .
and now I have a new way to put these things together.
Such a nice synthesis!
I feel more aligned and attuned.

This class came at a very good time.
The lockdown has been challenging.
I hadn't been doing the inner work that goes along with my client work.
Funny how we do things for others, but neglect to take care of ourselves.
Now I've got new tools and techniques for centering, grounding,
and being more fully present.

Thank you, too, for your cheerleading emails throughout the weeks
and for sharing your personal reflections.
It was helpful to learn from your experience as a fellow human being
as well as your wonderful teaching.

Much appreciated! Thanks again!

Warmly, G r e g