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~~Tried It Change your~~  
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~~Breathing Exercise |~~  
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*Breathwork: A non-  
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expanded states of  
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*Bipolar Breathwork vs  
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*Comparison*

Holotropic breathwork  
session - excerpt from

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Butterfly Stanislav

Grof - Buddha at the  
Gas Pump Interview

**James Nestor**

**reveals his top**

**breathing tips for**

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**DEEP BREATH |**

**BREATHCAST**

**Negative Emotions:**

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What are holotropic  
states of

**consciousness?**

**Stan Grof Wim Hof  
Method | Safety**

Information How to

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Change Your Life |  
Lucas Rockwood |**

**TEDxBarcelona And  
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Blockages and

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Wim Hof breathing

tutorial by Wim Hof

*Patrick McKeown*

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recently, is a comprehensive overview of an integrated therapeutic breathing method developed towards the latter half of his professional life with his partner Christina Grof, called Holotropic Breathwork™. A New Approach to Self-Exploration and Therapy (2010) is an

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Christina (January 8,  
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