

# Rachel Halder

## S O M A T I C   B R E A T H W O R K

### A B O U T

Rachel is a seasoned practitioner with over a decade of experience in post-traumatic growth healing arts, with some of the most advanced trainings around trauma resolution, sexual liberation and collective healing. All of her work, including her breathwork offerings, have a unique, mystical, ancestral and energetic approach to trauma healing + pleasure. Her breathwork in particular takes a trauma-informed approach, focused on your specific needs and ultimately bringing you back home to yourself. Instead of a "bigger is better" approach, her breathwork techniques are tailored to where a person's nervous system is at in the moment and offers an opportunity to create doable steps towards a different nervous system state. Utilizing the equinox energy of balance, this breathwork offering will be about finding equilibriums within self, while creating space to unshame emotions, energy, or chaos within. Somatic breathwork uses breathing techniques to affect the autonomic nervous system, coupled with rhythmic music to facilitate a cathartic emotional release. Rachel has studied breathwork modalities via David Elliott (Pranayama Breath Work), Biodynamic Breathwork Trauma Release System and other parasympathetic breathing patterns used to facilitate physical, mental and emotional healing. Her style of breathwork is called Somatic Soul Care Breathwork. Rachel skillfully guides specific breathing patterns, explains the process, and offers modifications for attendees at the workshop depending on what their unique nervous system might need. Her warm style of communication and clarity create an atmosphere of integrity and support. Beginners and experienced breathwork participants are welcome.

