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***How can you work with an individual with Parkinson's Disease?***

Yes, there have been individuals who have the symptoms of Parkinson's Disease and have achieved good results with Transformational Breath. It seems like the disease creates an imbalance in the nervous system that gets calmer and more balanced as a result of opening the flow of the breath and relaxing the exhale. Good pre-session coaching can help them get clear on how the condition has served them in the past and what they would like to create for themselves now. Sometimes individuals associate so strongly with their symptoms they are unable to see who they are. Toning will also help relax the nervous system. Turning a client with Parkinson's on their stomach may help their body unwind. Transformational Breath can be physically, emotionally and spiritually beneficial for an individual with the symptoms of Parkinson's Disease.

***I know 2 people that have Parkinson's disease who are very open to TB. Do you have any precautions or advice?***

I have worked with a few folks with symptoms of Parkinson's and with good success. Mostly the results have been the reduction and sometimes elimination of the shaking and overall a feeling of relaxation. I feel that the breathing we do in TB definitely affects the nervous system and causes more balance and flow. I also would definitely monitor the exhale and keep it as relaxed as possible as this is one of the ways the body builds up excessive energy.

Case Study: One of our dearest Facilitators is also a Parkinson's patient. He writes: I started using TB in July of 1999. I have had Parkinson's for as long as I have been a facilitator. I believe that is why Judith popped into my life. I can honestly say that I have experienced a great calming in myself when I do the breathwork. I use it when I have difficulty moving around. I have been experiencing freeze-ups more often and that can be a real bugger when I want to move across a room full of people. I have learned to relax, close my eyes and just breathe deep into my belly and calm myself down. I use TB as a tool to relax and calm me, to help me clear my head and open up the channels to meditate. Yeh, TB is a powerful modality.