

Lauren Chelec Cafritz

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Lauren Chelec Cafritz is an internationally known breathwork teacher, speaker, and the author of *Breath LOVE*. As the founder of Experience Breath, she facilitates breathwork for executive teams, nonprofits, government agencies, corporations, hospitals, and schools. She also has led hundreds of retreats, conferences, trainings, and workshops across the country.

Breath LOVE is an engaging book that brings breathwork to everyone in a fun and accessible way. Lauren brings breathwork to its essence and empowers people to see that anything is possible when they connect their breath.

Kirkus Reviews says: "Chelec Cafritz's prose throughout is exuberantly readable, with a wry self-awareness that's often missing from books of this kind. Even nonpractitioners should find themselves breathing easier for reading these pages. A wonderfully inviting guide that reminds readers that calm breathing is the center of life itself."

As a past sufferer of chronic pain and anxiety, Lauren brings a unique perspective to her breathwork facilitation. Using her personal journey and teaching experiences, she brings guidance, wisdom, compassion, and joy to her clients as they explore and deepen their breath and improve their health and wellbeing.

Lauren is trained and certified in Integrative Breathwork, Transformational Breath®, Reiki Level 1, and Inner Domain 5 Element Yoga and Ayurveda. She is a respected member of the global breathwork community serving as the United States representative for the International Breathwork Foundation and as a member of the Global Professional Breathwork Alliance.