



# Somato Respiratory Integration Workbook

*Donald M. Epstein*

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## **Somato Respiratory Integration Workbook** Donald M. Epstein

The exercises contained in this book are designed to help the brain to reconnect with the body and it's experience. The goal of SRI is to help you develop lifetime skills, safety, strength, wisdom and love in relationship to the experience of your body, it's vibration, structure and energy.

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