

FLIP & FLOW RESEARCH

THE SCIENCE AND HEALTH BENEFITS OF BREATHWORK AND SOMATIC PRACTICES

**Earthing: Health Implications of Reconnecting the Human Body to the Earth's Surface
Electrons - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/>**

**How Breath-Control Can Change Your Life: A Systematic Review on
Psycho-Physiological Correlates of Slow Breathing -
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6137615/>**