

**Question:** What is StillPoint? Is it explained on any of your DVDs?

**Reply:** StillPoint is the name of a breath process we teach in intensive workshops. It is a quite, gentle form of breathwork that honors the “Stillpoint” as the part in the process where the deepest work takes place. I have written little about it because it is an experiential process. StillPoint will be taught at every intensive scheduled at HeartLand, see <http://www.whyagain.com/schedule.php>.  
Keep Breathing!