

# BREATH AS MEDICINE

SUPPORTING NERVOUS SYSTEM REGULATION IN  
INTEGRATIVE ONCOLOGY

---

## SOPHIE TREW

CANCER THRIVER · BREATHWORK TEACHER · HOLISTIC CANCER COACH  
MIND-BODY MEDICINE LEAD, YES TO LIFE ADVISORY PANEL  
FOUNDER, TREW FIELDS FESTIVAL

Website:  
[WWW.SOPHIETREW.COM](http://WWW.SOPHIETREW.COM)

Instagram:  
[@SOPHIETREWBREATH](https://www.instagram.com/SOPHIETREWBREATH)

Contact:  
[HELLO@SOPHIETREW.COM](mailto:HELLO@SOPHIETREW.COM)

