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## Aggie Stewart



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**Stewart** is a C-IAYT (Certified Yoga Therapist), accredited Buteyko Breathing Method (BBM) provider, and certified iRest Yoga Nidra meditation teacher. Aggie studied BBM with Robin

Rothenberg and internationally acclaimed BBM provider and educator Patrick McKeown. She has presented on the BBM at the Integrative Medicine for the Under Served conference in 2017. Aggie specializes in the therapeutic application of breathing practices and is especially interested in their efficacy for people who have experienced trauma and have been diagnosed with autoimmune conditions. In 2019, Aggie published *Yoga as Self-Care for Health for Healthcare Practitioners: Cultivating Resilience, Compassion, and Empathy* with Singing Dragon, an imprint of Jessica Kingsley Publishers in the UK and US. A writer and writing teacher, she also teaches the use of writing as a yogic tool of self-reflection and healing. She is currently pursuing an MFA in creative writing in the Newport MFA program at Salve Regina University in Newport, Rhode Island.

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