



## Vidyamala Burch



Vidyamala has previously set up the mindfulness organisation, Breathworks, and currently educates people about mindfulness.



She had a serious injury to her spine which means she is partly **paralysed** and has a lot of pain.



**Paralysed** means you are unable to move your body.



Vidyamala developed the first way of managing pain with mindfulness.



She wants to make mindfulness accessible to everyone.



She has written 3 books.



Websites:

- [www.vidyamala-burch.com](http://www.vidyamala-burch.com)
- [www.breathworks-mindfulness.org.uk](http://www.breathworks-mindfulness.org.uk)



Twitter:

- [www.twitter.com/Vidyamala](http://www.twitter.com/Vidyamala)
- [www.twitter.com/BreathworksMind](http://www.twitter.com/BreathworksMind)



Facebook:

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- [www.facebook.com/BreathworksMindfulness](http://www.facebook.com/BreathworksMindfulness)



Instagram:

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LinkedIn: [www.linkedin.com/in/vidyamala-burch/](https://www.linkedin.com/in/vidyamala-burch/)



YouTube: [www.youtube.com/user/BreathworksMind](https://www.youtube.com/user/BreathworksMind)



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