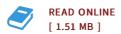




The Power of Breath: The Art of Breathing Well for Harmony, Happiness, and Health

By Swami Saradananda

Watkins Media. Paperback / softback. Book Condition: new. BRAND NEW, The Power of Breath: The Art of Breathing Well for Harmony, Happiness, and Health, Swami Saradananda, Breathing is the most fundamental of our body's physical processes, yet most of us give it little or no thought in our daily lives. However, once fully acknowledged and harnessed, the power of the breath is unlimited enhancing self-confidence, sharpening the ability to focus, easing stress and anxiety, strengthening the quality of the voice and even helping to relieve pain. A Sanskrit proverb claims, 'If you breathe well, you will live long on earth'. Renowned yoga teacher Swami Saradananda aims with "The Power of Breath" to give gentle guidance on the art of breathing. The introduction explains the basics of breathing and the complex connection between the breath and the subtle body, as well as offering advice on rediscovering natural breathing and preparing for breathing exercises. The sections that follow then lead the reader through five types of breath - vitalizing, nourishing, expansive, cleansing and expressive. Over 30 life-enriching breathing exercises are explained within these sections, each one beautifully illustrated for clarity and maximum visual appeal. There is a final section of mini breathing programs...



Reviews

This book might be well worth a study, and much better than other. Indeed, it can be perform, continue to an amazing and interesting literature. I realized this publication from my i and dad suggested this book to find out.

-- Dejuan Rippin

Very helpful to any or all category of men and women. It is definitely simplified but unexpected situations within the 50 % of your publication. I am very easily could possibly get a pleasure of reading a composed ebook.

-- Dr. Therese Hartmann Sr.

Related Kindle Books



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



Books are well written, or badly written. That is all.

GRIN Verlag Okt 2013, 2013. Taschenbuch. Book Condition: Neu. 210x148x1 mm. This item is printed on demand - Print on Demand Neuware - Essay from the year 2007 in the subject English - Literature, Works, grade: A, The Open University, language: English,...



Born Fearless: From Kids' Home to SAS to Pirate Hunter - My Life as a Shadow Warrior

Quercus Publishing Plc, 2011. Hardcover. Book Condition: New. No.1 BESTSELLERS - great prices, friendly customer service â" all orders are dispatched next working day.



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...



My Life as a Third Grade Zombie: Plus Free Online Access (Hardback)

Gallopade International, United States, 2013. Hardback. Book Condition: New. 224 x 142 mm. Language: English. Brand New Book. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective,...