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## 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...



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