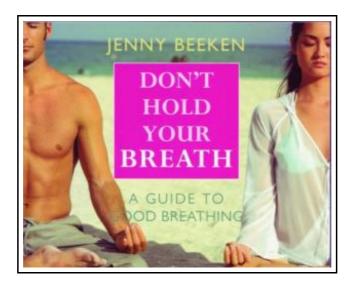
Don t Hold Your Breath: A Guide to Good Breathing



Filesize: 9.45 MB

Reviews

It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.

(Lavina Torp)

DON T HOLD YOUR BREATH: A GUIDE TO GOOD BREATHING



Polair Publishing, United Kingdom, 2004. Paperback. Book Condition: New. Janita Stenhouse (illustrator). 178 x 144 mm. Language: English . Brand New Book. The equation is simple - good breathing and good health go together. Because we breathe naturally, we rarely think about our breath and, yet better understanding of how we breathe could reduce stress and enable us to remain in control throughout every crisis. This little book can help every reader make that simple step forward. In Don t Hold Your Breath , Jenny Beeken models good ways of breathing. Some of the ways she offers are specific exercises, like alternate nostril breathing, but, underlying them all, is the perception that, with only a small amount of practice, we could be infinitely more content. Although she is schooled in the lyengar tradition, Jenny s approach is as light-hearted as the title suggests. The theme of the book is release. At the same time, breathing is pranayama - the intake of spiritual food - and there is a deep spirituality to be found therein. Guidance on relaxation is part of the book and so is meditation, in a form easily understood by the beginner. Jenny s own life, with a lively daughter and a busy schedule, gives her every opportunity to understand how difficult it may be for all of us to take time and catch our breath. She trained in physics, but took up yoga on realising how well it brought together all that she needed for her own self-healing.

- PDF
- Read Don t Hold Your Breath: A Guide to Good Breathing Online
- Download PDF Don t Hold Your Breath: A Guide to Good Breathing

Relevant Kindle Books



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Download eBook »



To Thine Own Self

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Carefree and self assured Carolyn loves her life. Her uncle runs...

Download eBook »



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

Download eBook »



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and...

Download eBook »



Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and...

Download eBook »