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The Tao of Natural Breathing: For Health, Well-Being, and Inner Growth

Dennis Lewis

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The Tao of Natural Breathing: For Health, Well-Being, and Inner Growth Dennis Lewis
Dennis Lewis draws on his many years of study in the Gurdjieff Work, Advaita Vedanta, and Taoism to show how natural, whole-body breathing can improve health, increase energy, and support the quest for inner growth. Along with breathing practices designed to open the three primal energy centers, the book defines natural breathing; provides a clear, illustrated description of the physiology of breathing; and offers suggestions on how to use spacious breathing both in times of stress and in everyday life.

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