Increase your awareness about the forgotten art of breathing as researched, practiced and written by our Eastern brothers. Inside you will find how our Western society has perhaps forgotten the proper way to breath, hence leaving us more susceptible to disease and poor health. This book explains in layman's terms what happens inside our bodies when we inhale and then exhale. And the effects improper breathing has on both our internal and external extremities. It describes nature's proximity for the respiratory, and circulatory systems. The final sections include invaluable Yogi breathing exercises for increased breathing awareness and better health. Salaam. (Mike Justice)

Read by Mike Justice. Total running time: 2:24:06

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