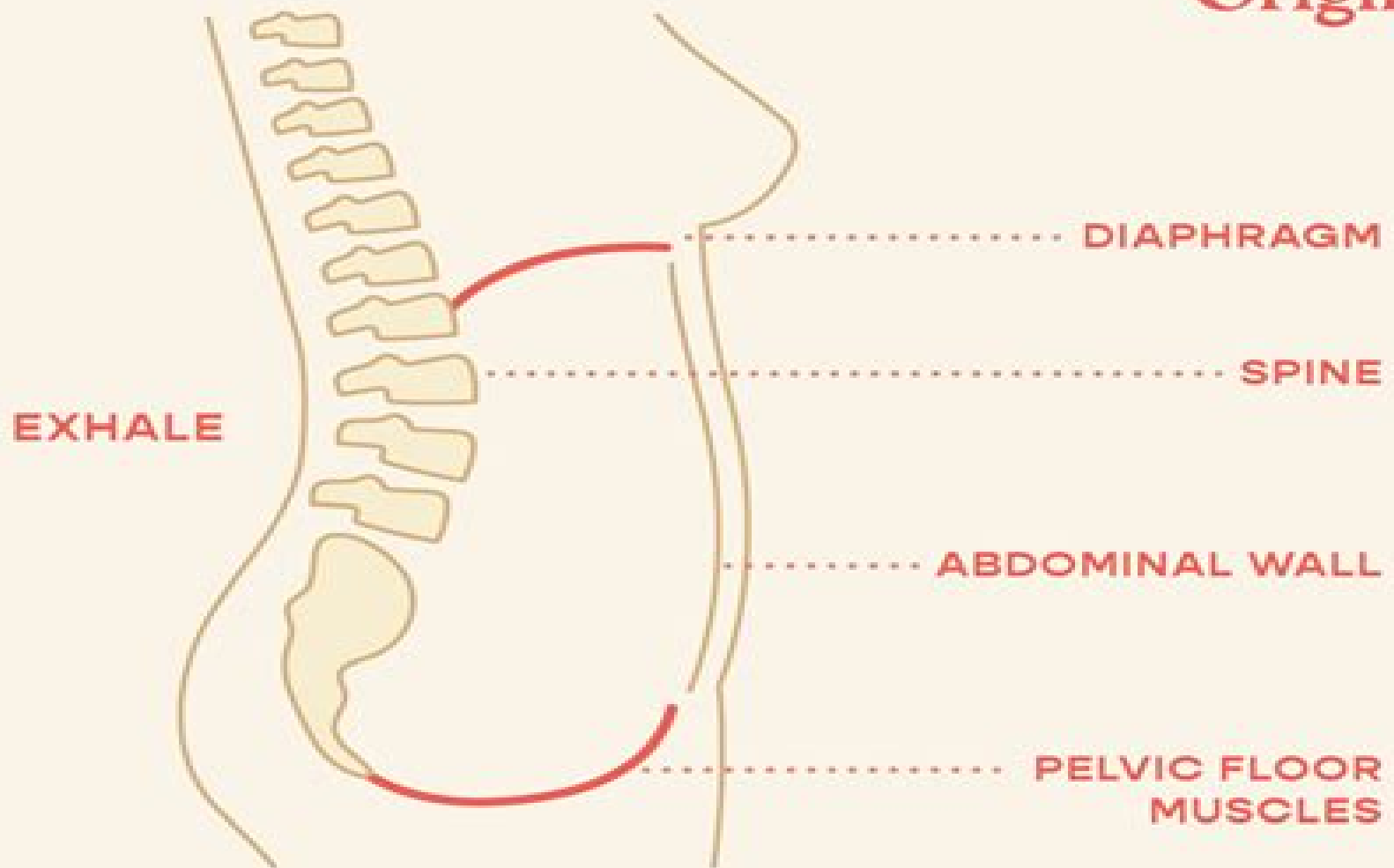


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Diaphragmatic Breathing

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The Floor And The Breath

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The Breath of Life Cherionna Menzam-Sills, PhD, 2018-04-17 A unique approach to Biodynamic Craniosacral Therapy a whole body healing therapy focused on working with the forces underlying health and healing Cherionna Menzam Sills draws on her extensive background in pre and perinatal psychology embryology bodywork Continuum Movement and other somatic therapies as well as years of working with her husband Biodynamics pioneer Franklyn Sills to present this accessible introduction to the meditative healing practice of Biodynamic Craniosacral Therapy BCST This book offers a personal journey of embodied inquiry into each element of biodynamic session work using meditative explorations personal descriptions and illustrations to convey the essence of Biodynamics It emphasizes breathing and body awareness exercises that help the practitioner become more attuned to her own body so that she can create an effective relational field with her client An essential guide for new practitioners students and clients as well as a valuable reference for experienced practitioners this book illuminates the path toward the intelligent formative forces of the mysterious presence called the breath of life and its transformative power for health and wholeness Mind Control Through Breath Regulation Nguyen Tran, 2012-07

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Breath in Action looks at the significance of breath to human life not just the simple fact that if we stop breathing we die but also the more subtle ways in which our breath interacts with our voice and our being Combining theory with practice many of the chapters also offer clearly laid out breathing exercises and techniques Conscious Breathing Gay Hendricks, 2010-01-13

Conscious Breathing draws on more than twenty years of research and practice to present a simple yet comprehensive program that can be used every day to improve energy mental clarity and physical health As the essential life force of the body the breath influences how we feel on every level But many traditional breathing programs are limited by esoteric or cultlike elements Pioneering therapist Gay Hendricks has refined the most important practices into a mainstream healing tool that can provide dramatic benefits ranging from lowered blood pressure and pain reduction to elimination of depression and anxiety in as little as ten minutes a day At the core of the book are eight key breathing exercises fully illustrated with step by step instructions plus the short form ten minute breathing program Additional chapters provide breathing techniques for special concerns

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