

exhale

An Overview of Breathwork

GUNNEL MINETT

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Features

- Provides a comprehensive, historical overview of breathwork
- Not tied to one particular technique or method
- Examines breathing in popular techniques such as yoga and Tai Chi
- Contrasts Western research on breathing with ancient knowledge from other parts of the world, including China, India and Tibet
- Shows how it is possible to use the breath to achieve positive changes for body and mind
- Includes some simple breathing exercises as a first step towards awareness of better breathing
- Ideal for use on breathwork courses around the world, or as a broad and valuable introduction to the subject for the general reader

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