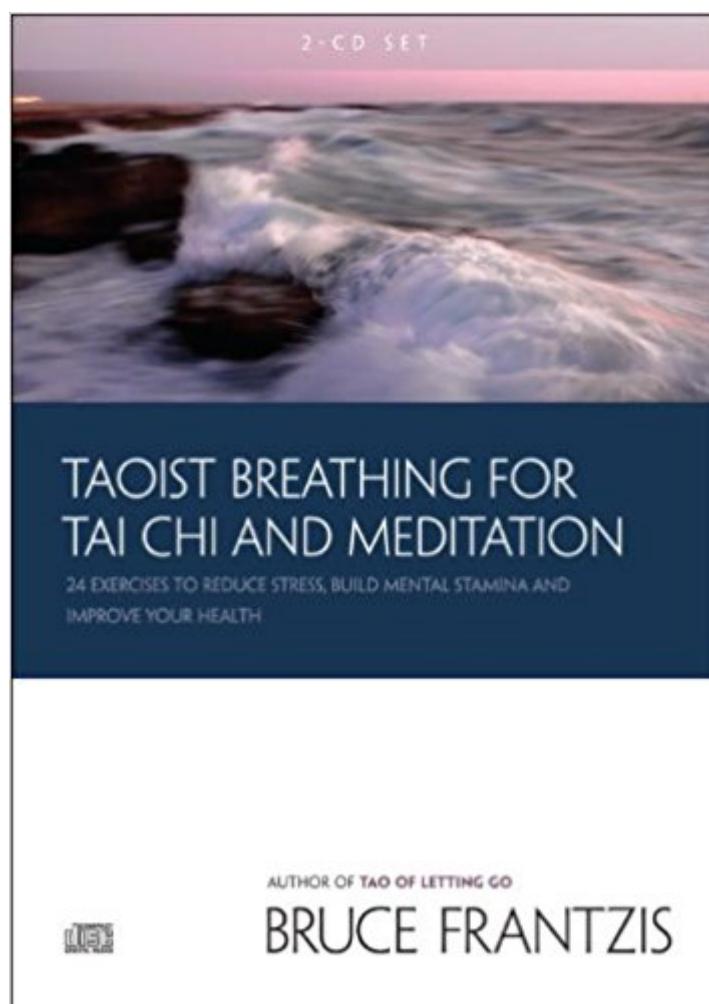


The book was found

Taoist Breathing For Tai Chi And Meditation: Twenty-Four Exercises To Reduce Stress, Build Mental Stamina, And Improve Your Health



Synopsis

Breathing can transform your life and make you a healthier, more relaxed human being. Dr. Bruce Frantzis has developed a Longevity Breathing program from traditional Taoist breathing methods to help you improve lung capacity, massage your internal organs, and relax your nerves with each breath. Progression of 24 Sessions Bruce Frantzis leads you through a progression of 24 sessions that help you extend the length of your breath and fully bring oxygen to the back and sides of your lungs, areas rarely engaged by shallow breathers. CD-1 teaches you to feel your breath and avoid holding your breath. Next, you learn how to inhale into different parts of your body to strengthen and massage your internal organs and spine. In CD-2, Dr. Frantzis takes you further by teaching you how to lengthen your breath. Taoist breathing techniques enable you to become aware of your emotions and deepen your meditative focus. This CD set is a companion to the breathing lessons in the TAO Meditation series: Relaxing into Your Being, The Great Stillness and TAO of Letting Go.

Book Information

Audio CD

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Customer Reviews

“Frantzis’ insight into the heart of these ancient meditation techniques can make the understanding of these precious teachings easily accessible to the mind of the Western seeker.” Namkhai Norbu, Tibetan Dzogchen Master and retired professor, Oriental Institute of the University of Naples, Italy; author of *The Crystal* and *The Way of Light*

Bruce Frantzis spent more than a decade following the Taoist path of warrior/healer/priest in China, where he was trained by some of its greatest masters. He is the first known Westerner to hold

authentic lineages in chi gung, ba gua, tai chi, hsing-i, and Taoist meditation. Frantzis also studied in Japan and India for five years and has extensive experience in Zen, Vajrayana Buddhism, yoga, Kundalini, energetic healing therapies, and Taoist Fire and Water traditions.

I love these as I get ready for bed. excellent excellent teaches you a whole new way of breathing and looking at things.

Professionally done and very well thought out. Good introduction to Tao Meditation.I would recommend this to anyone interested in Taoism

A Wonderful source for improving my breathing--the best!

Amazing!

This CD did not play on either my computer or CD player. Damaged? who knows? I never got to listen to it.

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