



Breathe Easy: Mindful Breathing Made Simple (Paperback)

By Dr Martha Desante

Back in Body - Light Within Chiropractic, PLLC, United States, 2015. Paperback. Condition: New. Dr Martha Desante (illustrator). Language: English . Brand New Book ***** Print on Demand *****.

Breathe Easy: mindful breathing made simple teaches you how to use your breath to create a happier, healthier life. Dr. Martha DeSante combines information and techniques from vocal training, yoga, Pilates, and study of anatomy and physiology to help you develop your own mindful breathing practice. Dr. DeSante explains how to practice mindful breathing in a fun and approachable way. Breathe Easy is a brilliant program because it is simple and straightforward. You can connect with your breath practice anywhere, and you don't need any fancy or expensive equipment. Your Breathe Easy practice will support you in whatever other activities you're already doing - and you can begin at any age or fitness level to improve your well-being right now. If you are ready to change your breath and your life, pick up your copy of Breathe Easy: mindful breathing made simple and start your adventure in better breathing today!.

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