



Conscious Breathing: How Shamanic Breathwork Can Transform Your Life

By Joy Manne Ph. D.

North Atlantic Books. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.9in. x 6.0in. x 1.0in. Conscious Breathing presents contemporary Breathwork methods in a comprehensive, structured way for modern readers. Emphasizing the practice as a way to access the most elevated states of consciousness and the deepest states of meditation, author Joy Manne shows how Breathwork can be applied to transpersonal, existential, past life, chakra, Kundalini, shamanic, and other experiences. Using detailed examples, case histories, and exercises, Conscious Breathing covers basic grounding and awareness, advanced breath and body-centered explorations, and explorations of biblical and religious teachings. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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