

Natural Breathing By Dennis Lewis

By Dennis Lewis

View Dennis Lewis's business profile as Core Faculty Member at Breathing and see work history, affiliations and more.

I am the author of The Tao of Natural Breathing, Dennis Lewis: Authentic Breathing and Harmonious Awakening: my professional website, which includes essays,

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This audio program by Dennis Lewis, author of the highly acclaimed book The Tao of Natural Breathing and Free Your Breath, Free Your Life, is produced by Sounds True

Natural Breathing With each breath, you take in approximately one million of the same atoms once breathed by Jesus, the Buddha, and everyone else who ever lived.

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About Dennis Lewis. Dennis Lewis, a longtime student of the Gurdjieff Work, Advaita, and Taoism, teaches the transformative power of presence through natural

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the tao of natural breathing: for health, well-being and inner growth.

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Deep, natural breathing can be important for health, healing, and spiritual well-being. Such breathing can increase our vitality and promote deep relaxation.

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