

Natural Breathing By Dennis Lewis

By Dennis Lewis

Dennis Lewis draws on his many years of study in the Gurdjieff work, Advaita Vedanta, and Taoism to show how natural, whole-body breathing can improve health

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When Dennis Lewis sold his successful business, he was thoroughly exhausted and in chronic pain. So he began searching for the foundation of health: the 'breath of

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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

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

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

Dennis Lewis (born 1940) is a non-fiction writer and teacher in the areas of breathing , qigong , meditation , and self-enquiry . In the book *The Complete Idiot's*

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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.

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

Explore and awaken with Dennis Lewis through conscious breathing exercises and presence practices to who and what you really are.

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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