

Freeing the Breath: Health, Relaxation, and Clarity Through Better Breathing

Leslie Kaminoff



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Freeing the Breath: Health, Relaxation, and Clarity Through Better Breathing Leslie Kaminoff The co-author of "Yoga Anatomy" shares the wisdom of 30 years of teaching to liberate listeners from dysfunctional breathing patterns and to open them to new levels of health and well-being.

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