



## Breathe and Relax to Overcome Stress Anxiety Depression

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By Mary Heath

Findhorn Press Ltd., United Kingdom, 2015. CD-Audio. Book Condition: New. 140 x 127 mm. Language: English . Brand New. Breath Control The Yogini Sunita introduced Pranayama Yoga to the UK in 1962, but unfortunately only a handful of teachers were trained in this form of life changing Yoga. Mary Heath invites you to learn this powerful and unique sequence of Breath Control Exercises which calm the mind and control emotions. If you suffer from stress, anxiety, depression or any stress related condition, you now have the rare opportunity to experience the extremely therapeutic and effective system of breathing. Mary guides you through the exercises one at a time, and if you practice at least three times a day, you will be richly rewarded. Using these techniques you can expect to: Create a feeling of relaxation in body, mind and spirit Calm and clear your mind, promoting positive thinking Control your emotions Prevent, control and even eliminate anxiety and panic Relieve palpitations, hyperventilation and tension in the respiratory system Reduce or even eliminate nervousness and mental tension Relax and soften muscular tension Improve digestion, concentration, circulation, energy levels and sleep Relaxation with Creative Visualization During this unique recording, Mary s serene...



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