

Breathe Consciously and Be Happy! presents unique breath work technique called rebirthing. It is a technique of psychological correction, selfdiscovery, and spiritual transformation. In 1974, rebirthing breath work was officially confirmed as a highly therapeutic and healing methodology. Author Inga Koryagina not only became a rebirther but also discovered a healing gift in herself. In this book, you can find different breath work exercises, helping to solve many psychic and physical problems, the authors fantastic experience, and the happiness of letting go of psychic and moral burdens.

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