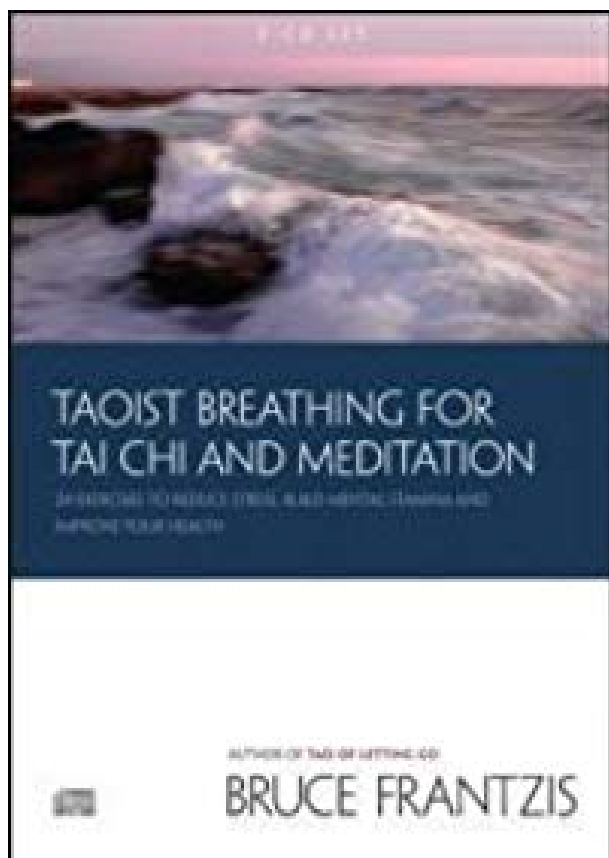


Taoist Breathing for Tai Chi and Meditation



Author:	Bruce Frantzis
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Bruce Frantzis developed his Taoist Longevity Breathing® Program from traditional Taoist breathing methods that he acquired in his 40 years as a martial artist, chi master, Taoist priest and energetic healer. Learn how to get more from each breath with simple exercises that can be practiced at any time. The Taoist Breathing for Tai Chii and Meditation 2-CD set will help you begin the process of breathing smoothly, evenly and strongly. Introduction 1: Feeling Your Breath 2: Learning to Avoid Holding Your Breath 3: Becoming Aware of Distraction 4: Breathing Along the Central Channel of Your Body 5: Breathing Down the Central Channel to Your Lower Tantieni 6: Stabilizing the Breath and Energy of Your Lower Tantien 7: Letting Your Breathing Drop From Your Chest to Your Belly 8: Breathing From the Sides of Your Body 9: Simultaneously Breathing From the Front and Sides 10: Lower Back and Kidney Breathing 11: Upper Back Breathing 12: Breathing Energy Into Your Lower Tantien Epilogue DISC 2: Introduction 1: Relaxing Your Breath 2: Feeling Your Breath 3: Counting Your Breaths 4: Feeling All Sensations When You Inhale and Exhale 5: Developing Continuous Awareness of Your Breath 6: Becoming Aware of the Fog of the Mind 7: The Importance of Releasing the Chest 8: Breathing Underneath the Ribs and Awareness of Emotions 9: Becoming Further Aware of Your Emotions 10: Fear and the Kidneys 11: The Upper Body and the Spine 12: Activating all Energies in the Physical and Etheric Body Epilogue