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Breathwalk: Breathing Your Way to a Revitalized Body, Mind and Spirit

Gurucharan Singh Khalsa, Yogi Bhajan

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Breathing and walking comprise two of our simplest activities, yet they are also two of our most powerful actions. By bringing them together in a systematic and meditative way, we can enhance our physical, emotional, and spiritual fitness. We can tap our vitality to fully enjoy and excel in our lives.

With a series of easy to follow, transformational exercises that combine breathing and walking in very specific ways for specific benefits, **Breathwalk** teaches us:

how to alleviate exhaustion, anxiety, sadness, and other problems

to heal physical, mental, and spiritual conflict in our lives

to enter a zone of total fitness within our own bodies and minds

In this simple program that anyone can follow, two of the world's leading experts in meditation and kundalini yoga reveal the power and flexibility of this technique for the first time. Centuries old traditions come together with modern scientific research in an effective and enjoyable holistic way to exercise. This practical, insightful guide is a breath of fresh air that can change your life for the better every time you take a step.

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