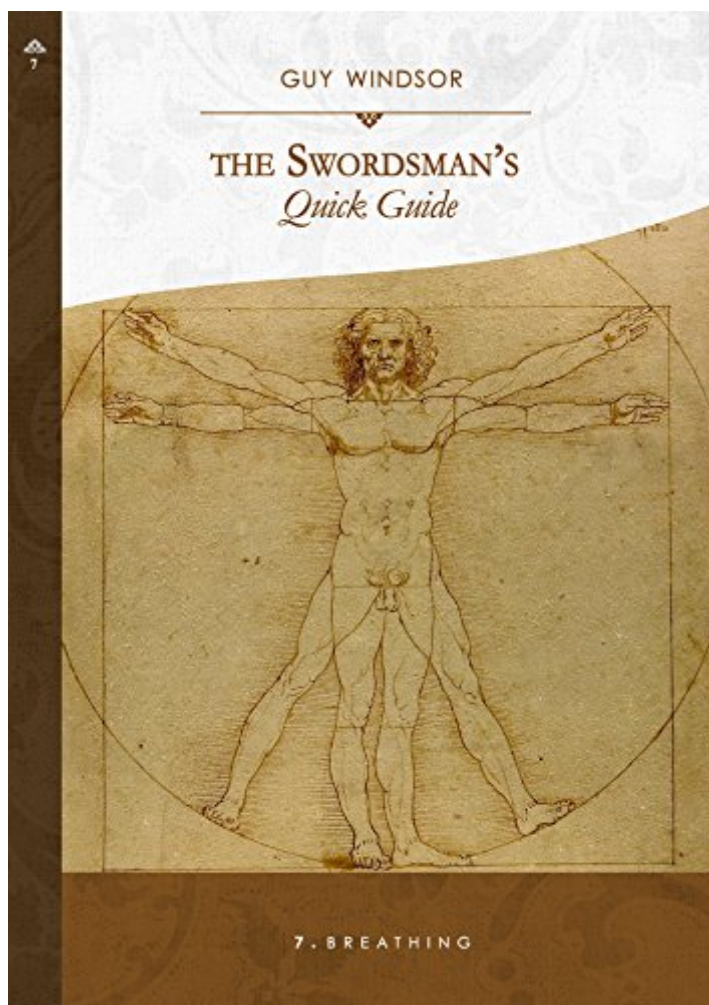


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Breathing (The Swordsman's Quick Guide Book 7)



Synopsis

This book describes the core breathing training that is the basis of my martial practice, supported with seven video tutorials for the exercises. In the book I describe how breathing works, and how you can train your breathing, for health, fitness, and stress control. The book has internal links to the videos, and also includes a £10 discount voucher for my 6-week Breathing Course.

Book Information

File Size: 3517 KB

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