

Natural Breathing By Dennis Lewis

By Dennis Lewis

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I am the author of The Tao of Natural Breathing, Dennis Lewis: Authentic Breathing and Harmonious Awakening: my professional website, which includes essays,

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Dennis Lewis (born 1940) is a non-fiction writer and teacher in the areas of breathing , qigong , meditation , and self-enquiry . In the book *The Complete Idiot's*

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About Dennis Lewis. Dennis Lewis, a longtime student of the Gurdjieff Work, Advaita, and Taoism, teaches the transformative power of presence through natural

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Deep, natural breathing can be important for health, healing, and spiritual well-being. Such breathing can increase our vitality and promote deep relaxation.

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