

# Natural Breathing By Dennis Lewis

By Dennis Lewis

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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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Dennis Lewis draws on his many years of study in the Gurdjieff work, Advaita Vedanta, and Taoism to show how natural, whole-body breathing can improve health  
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Dennis Lewis draws on his many years of study in the Gurdjieff work, Advaita Vedanta, and Taoism to show how natural, whole-body breathing can improve health

View Dennis Lewis's business profile as Core Faculty Member at Breathing and see work history, affiliations and more.

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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