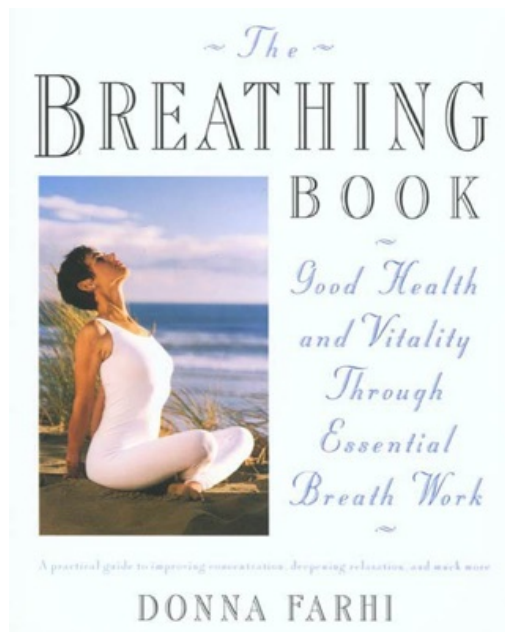


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These safe and easy-to-learn techniques can also be used to treat asthma, depression, eating disorders, insomnia, arthritis, chronic pain, and other debilitating conditions.

"Donna Farhi has been a student, researcher, and teacher of the breath for many years, and now we get to reap the results of her studies in this exquisite manual." -- *Yoga Journal*

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<b>Author</b>	:	Donna Farhi
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