

## **Breathing - places of interest on the www**

<http://www.mind-and-spirit.ca/ToolsforWellBeing>

good general intro to breathing and good breathing practices

<http://www.healthy.net/scr/Column.aspx?Id=136>

Roger Jahnke - various breathing practices  
(good, grounded in QiGong)

[http://breathmastery.com/better\\_breath.htm](http://breathmastery.com/better_breath.htm)

Dan Brule - breathing practices

<http://www.mind-and-spirit.ca/ToolsforWellBeing>

Melinda Urban - using breathing for consciousness

<http://www.hendricks.com/ecourses/breathing-coach>

Gay Hendricks - "yes breath" and "centering breath" demos

<http://en.wikipedia.org/wiki/Breathing>

gives the medical background info