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Tin Shen - Wujishi Breathing Exercises Medicine & Health Publishing Co. | 1994 | ISBN: 9623000669 | English | 119 Pages | PDF | 1.8 MB

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Breathing for Peak Performance: Functional Exercises for Dance, Yoga, and Pilates by Eric Franklin English | October 6th, 2018 (2019 Edition) | ISBN: 1492569674 | 73 Pages | True PDF | 3.83 MB

Wujishi Breathing Exercises by Cai Songfang

If you are interested in learning breathing for Tai Chi, meditation, flute practice etc... look into these books (Wujishi Breathing Exercises, The Power of Breath and The Healing Power of Breathing) they have just as much information with more exercises to improve a breathing practice and you can get all three books for a few dollars more than this little brochure.

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