



# The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom

*Anyen Rinpoche, Allison Choying Zangmo*

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**Heal the body, quiet the mind, and find emotional balance with simple practices from Tibetan Yantra Yoga.**

Vibrance, good health, and longevity have one thing in common--they all begin with the breath. Modern science and classic spiritual traditions agree: regulating the breath leads to radiance and wellness in the body, mind, and spirit.

*The Tibetan Yoga of Breath* pairs the teachings of Tibetan Yantra Yoga (breathing yoga) with select contemplative ideas and practices and examines how well they complement each other through the lens of Western medical science. The benefits of proper breathing are offered from the point of view of classical Indian/Tibetan practice, and contemporary medical research supports how breath cultivates physical, emotional, and spiritual health. Basic Yantra Yoga techniques--also called wind energy training--are the key practices for achieving this vitality, down to the cellular level.

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