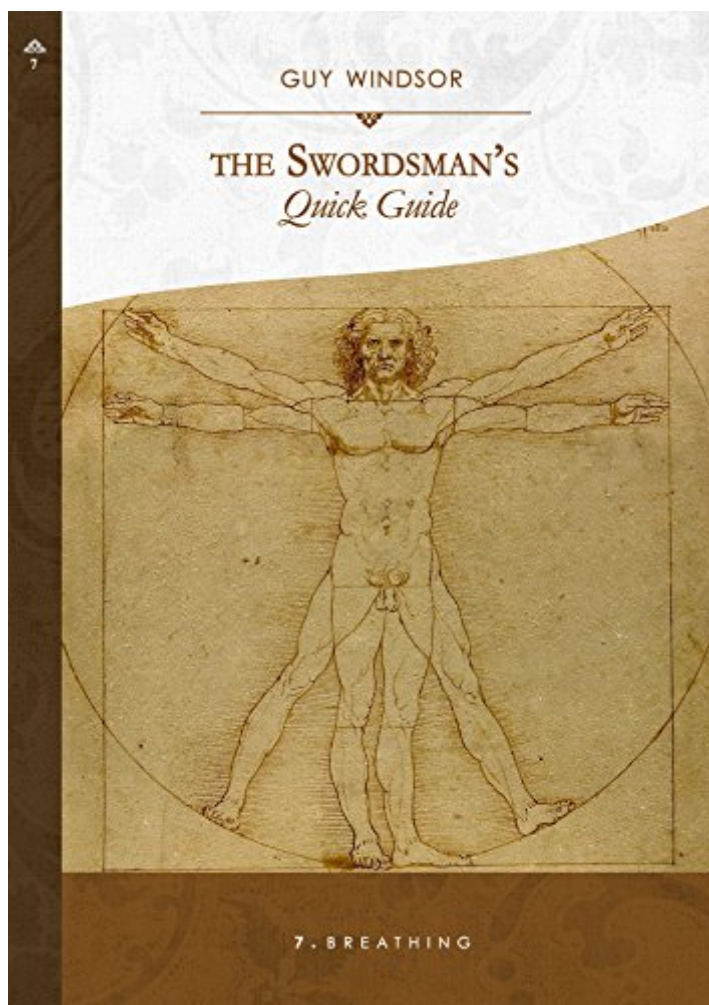


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# Breathing (The Swordsman's Quick Guide Book 7)



## Synopsis

This book describes the core breathing training that is the basis of my martial practice, supported with seven video tutorials for the exercises. In the book I describe how breathing works, and how you can train your breathing, for health, fitness, and stress control. The book has internal links to the videos, and also includes a £10 discount voucher for my 6-week Breathing Course.

## Book Information

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