

Zenhaling™

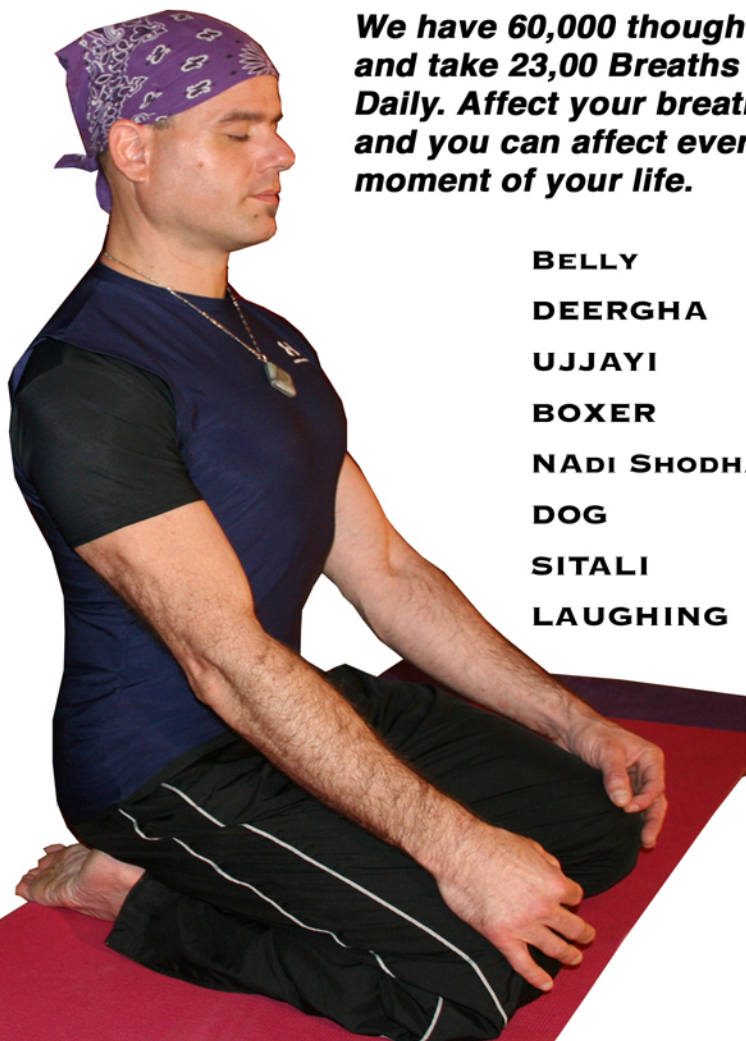
BREATH - MEDITATION - MOVEMENT

"The Zen Essence, Yogic Path & Martial Spirit"

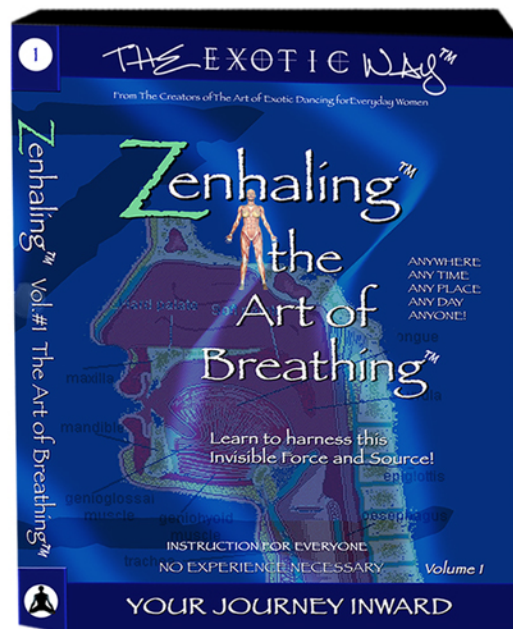
***We have 60,000 thoughts
and take 23,00 Breaths
Daily. Affect your breathing
and you can affect every
moment of your life.***

The Art of Breathing DVD VIDEO

The Secret Breathing Techniques known by Yogi's and Martial Artists are now made available for everyone to add to their survival toolbox of exercises to enhance their inherent Physical and Personal Power and provide the competitive edge.



**BELLY
DEERGH
UJJAYI
BOXER
NADI SHODHANA
DOG
SITALI
LAUGHING**



For All Ages. No Experience Necessary.

\$19.98 SRP
Order Date: 7/7/09
Street Date: 8/11/09
DVD CAT. #PHF1008DD
DVD UPC#808217020893
RUNNING TIME: 75 MIN.



***You can live without
Food for weeks,
Water for Days,
Oxygen, Only a few minutes!***

***Learn Why and how to use this
Invisible force in our lives to our
advantage!***

"Everyone deserves this knowledge"

***Increase metabolism, peristalsis, blood flow,
alertness, energy, balance, joy, yang,
creativity. Alleviate pain, asthma symptoms,
reduce mucus, hot flashes, menopause,
inflammation.***

ORDERING INFORMATION: **ZENHALING**

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