

Zenhaling™

BREATH - MEDITATION - MOVEMENT

"The Zen Essence, Yogic Path & Martial Spirit"



Zazen
Walking
Third Eye
Gratitude
Metta
Gazing
Dance
Candle Gazing
Singing
Heart-Hum

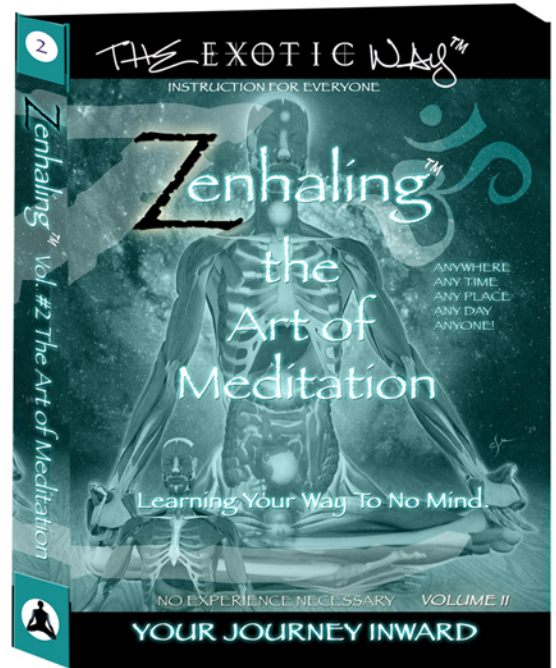


Increase blood flow, lower blood pressure, increase production of serotonin (mood), creativity, vitality and rejuvenation. Alleviate chronic diseases such as allergies and arthritis, reduce pre-menstrual syndrome, enhance the immune system, decrease metabolic rate, muscle tension and headaches, anxiety, depression, irritability and moodiness.

The Art of Meditation



The Secret Meditation Techniques known by Yogi's and Martial Artists are now made available for everyone to enhance their inherent Physical and Personal Power and provide the competitive edge!



For All Ages. No Experience Necessary.

\$19.98 SRP

Order Date: 3/5/12

Street Date: 4/12/12

DVD CAT. #ZMED1113DD

DVD UPC#700115370523

RUNNING TIME: 75 MIN.

"The Mind Should be Nowhere in Particular"
-Takaun

"Everyone deserves this knowledge"

ORDERING INFORMATION:

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