



# The Power of Prana : Breathe Your Way to Health and Vitality

Master Stephen Co, Eric B. Robins



The authors have transformed ancient Eastern healing traditions into digestible food for thought for the Western mind. This wonderful interpretation allows healers from all walks of life to reengage these fascinating techniques. Mehmet Oz, MD, Author of Healing from the Heart Synopsis: Breathwork practices to provide you with all the energy you need for your busy life in just 10 minutes a day. Physicians hear it more than any other complaint: I need more energy. Now with The Power of Prana, Master Stephen Co offers a practical solution for alleviating fatigue and sluggishness in just 10 minutes. Packed with information that teaches you how to cultivate energy and maintain vitality throughout your entire day, this indispensable guidebook introduces you to the Nine Energizing Breaths, a series of breathwork exercises that are easy to integrate into your life. Drawn from both Eastern and Western traditions, this unique combination of ancient practices is designed to nourish and sus

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