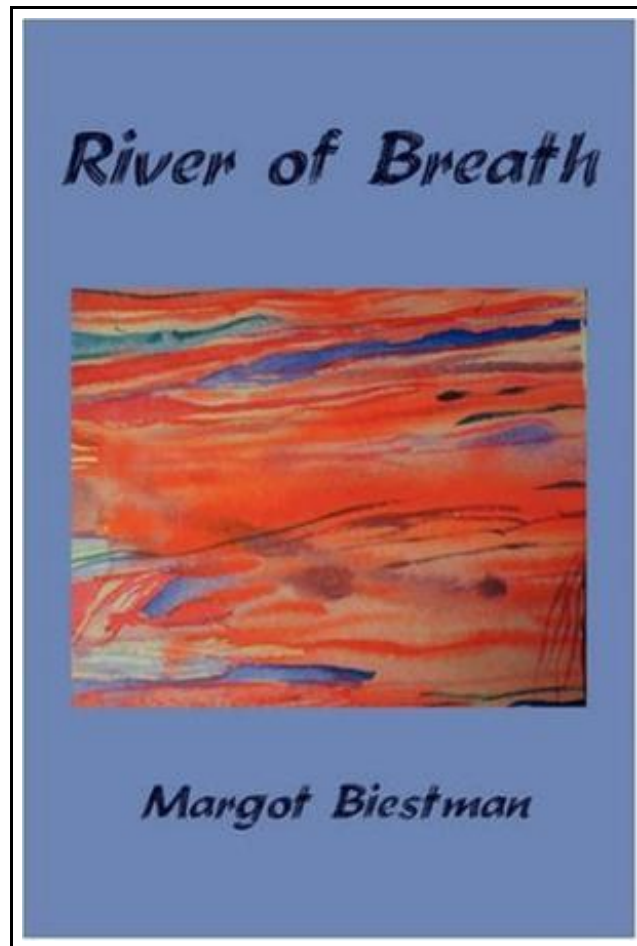


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iUniverse. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 9.0in. x 5.9in. x 1.0in. River of Breath-a healing path to vitality, ease, and well-being In this time of profound change and renewed hope, high demands are being placed on each of us. We are called upon to respond with devotion and courage. River of Breath offers a path from old to new ways of being, a path toward personal and cultural transformation. Read it-and be touched by a truth within yourself that can feed your body and soul. Many of us long for this experience. River of Breath by Margot Biestman Authentic to the core. . . you don't read this book-you experience it. I breathe more consciously through each exquisite life tale, poem, and artwork. It flows and guides my flowing. Totally unique. Nancy Herrick, Physicians Assistant, Homeopath Margot Biestman is saying something very personal and distinct, yet universal at the same time. She creates a portal through which others can walk into an experiential realm. She manages to do this succinctly, in a few lines, in such a way that I am reminded of the very best poetry-where the poet is saying the deepest truth of what he or she knows. Ann Nix, M. A. CHT, Artist, Teacher When you do things from your soul you feel a river in you, a joy. Rumi Synopsis River of Breath brings to light how we can meet today's challenges with greater flexibility and confidence, and with less stress and fear, through a unique practice called Breathexperience. We can find benefit and truth in the simplicity of sensing how breath-flowing through our body without our control-can support vitality, ease, and well-being, whatever the circumstances. Margot Biestman transports the reader beyond thinking and imagining to sensing the simple, ancient, yet immediate reality of breath movement in the body. Through sensing...

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