



Stomach-Breathing Meditation: Master-Class By Mohamed Essa

Abdominal breathing is to help Center the mind and calm the emotions. In Traditional Chinese Medicine all emotions are processed through the Intestines. If they gurgle it's a good sign, something is moving. This is a great exercise to practice when you are stressed.

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
30 mins.	N/A	N/A	N/A