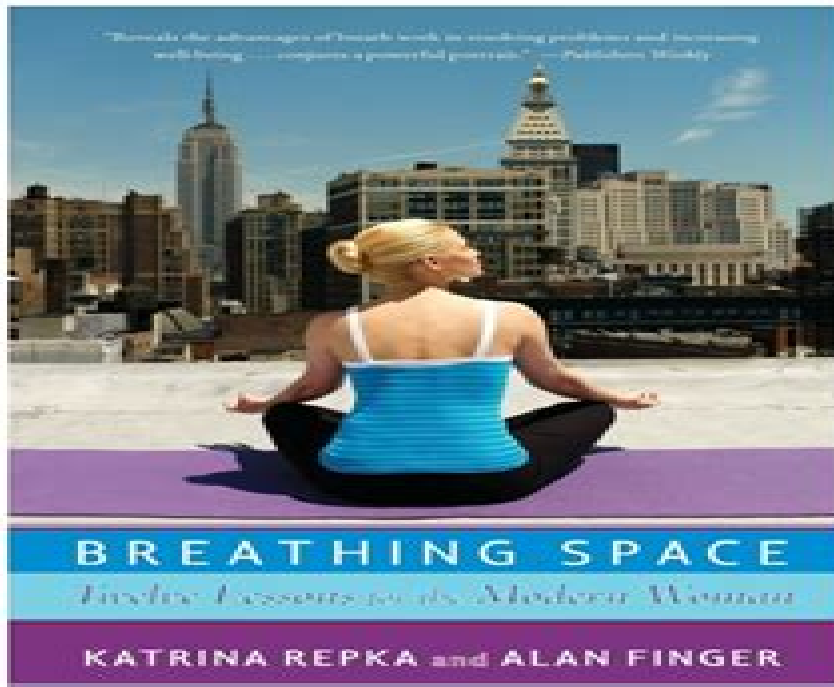


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Breathing Space Twelve Lessons For The Modern Woman

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Breathing Space Twelve Lessons For The Modern Woman:

Breathing Space Katrina Repka, Alan Finger, 2014-07-18 Breathing Space relates the inspiring instructive and often funny story of one woman's journey to self discovery featuring the breathing techniques of renowned yogi Alan Finger

Breathing Space Katrina Repka, 2009-01-01 This is the story of a year I spent in New York studying with Yoga Master Alan Finger When Katrina Repka moved to New York she was eager to shed her past and begin a new life but she soon discovered that her old problems had followed her to the big city and that instead of finding herself she was more lost than ever It was when she was almost ready to give up on everything that she read a magazine article on Master Yogi Alan Finger and knew that she had to meet him It was a meeting that would change her life Over the next twelve months with Alan's help Katrina tackled and overcame many of the obstacles holding her back Dealing with issues that every woman will relate to criticism emptiness balance family and creativity among others the twelve chapters in Breathing Space follow Katrina's ups and downs in New York At the end of each chapter there is a simple but effective breathing exercise that will help readers eliminate harmful behavior patterns and speed their own process of personal transformation Breathing Space is an inspiring and instructive book that offers every woman the chance to follow the author's path and become the person she truly wants and deserves to be

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Library Journal, 2008 **The Publishers Weekly**, 2008 **The Posse Gymnasium Journal ...**, 1906 **Readers' Guide to Periodical Literature**, 1927

The New Republic Herbert David Croly, 1925 *Breathing Aesthetics* Jean-Thomas Tremblay, 2022-08-29 In Breathing Aesthetics Jean Thomas Tremblay argues that difficult breathing indexes the uneven distribution of risk in a contemporary era marked by the increasing contamination weaponization and monetization of air Tremblay shows how biopolitical and necropolitical forces tied to the continuation of extractive capitalism imperialism and structural racism are embodied and experienced through respiration They identify responses to the crisis in breathing in aesthetic practices ranging from the film work of Cuban American artist Ana Mendieta to the disability diaries of Bob Flanagan to the Black queer speculative fiction of Renee Gladman In readings of these and other minoritarian works of experimental film endurance performance ecopoetics and cinema v rit Tremblay contends that articulations of survival now depend on the management and dispersal of respiratory hazards In so doing they reveal how an aesthetic attention to breathing generates historically culturally and environmentally situated tactics and strategies for living under precarity

Sunday School

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