

Breath

Breathing is a basis for life. Understanding the process and all that it represents is one of the keys to understanding ourselves and our health.

- [Understanding the breathing process](#)

Understanding the breathing process

Breathing is the basis of our physical regeneration. The process burns off the toxins pulled from the body and refreshes the blood for recirculation. *The Science of Breath* - by Yogi Ramacharaka is attached and provides a good primer for understanding the breath.