

# 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.

---

Revision #1

Created 19 July 2023 02:21:57 by Dad

Updated 20 July 2023 16:35:20 by Dad