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REPRESENTS THE PATENT HOLDER OF THE BUTEYKO METHOD Sasha is an expert in Russian Healing Arts, Buteyko Breathing techniques, and the founder of the Breathing Center. She is most highly trained Buteyko Breathing practitioner in the English-speaking world; she officially represents the Russian patent holder of the Buteyko Breathing Method.

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4-7-8 breathing: How it works, benefits, and uses

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Welcome to the Official Wim Hof Method Website

Human respiratory system - Human respiratory system - Control of breathing: Breathing is an automatic and rhythmic act produced by networks of neurons in the hindbrain (the pons and medulla). The neural networks direct muscles that form the walls of the thorax and abdomen and produce pressure gradients that move air into and out of the lungs.

Human respiratory system - Control of breathing | Britannica

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4-7-8 Breathing: How It Works, How to Do It, and More

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Decrease stress by using your breath - Mayo Clinic

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