



Ways to Better Breathing

Carola Speads

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Carola Speads, who studied and taught for many years with the pioneering movement teacher Elsa Gindler, shows us how the quality of our breathing determines the quality of our lives. Her flexible program of gentle exercises maximizes the benefits of breathing for people of all ages. Once learned, these exercises take only a few minutes each day. Their regular practice brings improved health, psychological well-being, energy, and creativity. Whether we use our breath consciously in professions such as the performing arts, teaching, or heavy physical labor, or whether we would simply like to learn basic techniques to alleviate the pressures of stressful living, *Ways to Better Breathing* offers, powerful methods for bringing more vitality and fulfillment into our lives.

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