



The Power of Prana: Breathe Your Way to Health and Vitality

By Master Stephen Co, Eric B. Robins, John Merryman

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Go, go, go. It's a motto many of us follow every day. This hectic pace can drain our supply of life-force energy, or prana, leaving us tired and worn out. To help us recharge and optimize our energetic health, Master Stephan Co shares The Power of Prana. This one-of-a-kind book teaches us a potent series of practices known as the Nine Energizing Breaths. These simple exercises-which can be completed in just ten minutes a day-combine breath retention, muscle tension, and basic postures to clear out energetic blockages and enhance the flow of prana throughout the body. This method shifts our pranic intake from a level of subsistence to one of abundance, giving us energy for all of life's activities, teachers Master Co. Thousands of my students who use it not only report increased stamina, but also greater emotional balance, mental clarity, and youthfulness.

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Editorial Review

Review

"The authors have transformed ancient Eastern healing traditions into digestible food for thought for the Western mind. This wonderful interpretation allows healers from all walks of life to reengage these fascinating techniques."

- MEHMET OZ

Author of *Healing from the Hear*

About the Author

Master Stephen Co has collaborated on many of his works with Eric B. Robins, MD, a board-certified urologist and surgeon, and writer John Merryman. Master Stephen Co is a personal student of Grandmaster Choa Kok Sui. He is a senior instructor at the World Pranic Healing Organization and has taught thousands of people throughout the United States, Mexico, and the Philippines. He is the author of *Your Hands Can Heal You*.

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