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# BREATHING THROUGH THE WHOLE BODY: THE BUDDHA'S INSTRUCTIONS ON INTEGRATING MIND, BODY, AND BREATH



Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Breathing Through the Whole Body: The Buddha's Instructions on Integrating Mind, Body, and Breath, Will Johnson, Explaining how stillness in meditation refers not to a rigid and frozen body but to a quality of mind, Will Johnson examines the Buddha's own words at the core of the Satipatthana Sutta: "As you breathe in, breathe in through the whole body; as you breathe out, breathe out through the whole body"--...

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- Authored by Will Johnson
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