

80 day complete
**immune
system repair**
pranayama program


KEY MESSAGES

Did you know that most people today breathe with approximately 10% of their lung capacity? Did you know that every single aspect of your being requires high levels of oxygenation in order to thrive? Do you want to thrive? **Then its time to breathe.**

The breath, when used **CORRECTLY** and **CONSISTENTLY** can be an extraordinary healing tool, however it must be approached scientifically, with time-tested techniques and the right attitude. Wanting a quick fix while not desiring to put in any real work is not the right attitude.

You can heal and you can transform, however you will have to put in the time and effort required. No one else can breathe for you and there is no magic pill for genuine healing. No quick fixes, and no new wonder techniques that for some reason the Yogis didn't figure out first.

This training is an opportunity for you **TO RECLAIM YOUR POWER, HEALTH AND TRUST IN YOURSELF** by committing to an **80 Day COMPLETE IMMUNE SYSTEM REPAIR PRANAYAMA PROGRAM**, as developed by the ancient Sages who were master healers in addition to being master Meditators.



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This training is a comprehensive and cohesive collection of instructional videos, motivational and educational lectures, audio recordings and PDF documents to guide you step by step towards ultimate health and self-empowerment.

A highly oxygenated physical body coupled with a radiantly vibrant energy-body. THIS is optimal. A committed Pranayama practice is the most efficient, and safest way to achieve both.