

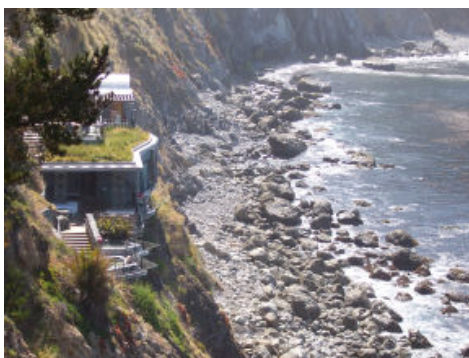
Free Your Breath, Free Your Life

A Five-Day Retreat With Author & Teacher Dennis Lewis

April 22-27, 2012, at famed [Esalen Institute](http://www.esalen.org), Highway 1, Big Sur CA.

Esalen is a place with global beauty and reach. It is a place, as Thomas Wolfe said about America, where miracles not only happen, but where they happen all the time. Situated on 120 acres of fertile land carved out between mountain and ocean, Esalen is blessed by a cascading canyon stream and hot mineral springs gushing out of a seaside cliff. People come from all over the world to discover the expansiveness of the mind and heart, the wisdom of the body, and the poetry of the blood. They come to discover the miracle of self-aware consciousness in their lives.

Free Your Breath, Free Your Life



The ever-increasing speed, stress, and disharmony of the modern world not only conditions us to a way of living in which the future is often considered more important than the present, but also cuts us off from the immediate experience of ourselves as living, breathing beings. As a result, many of us live as unconscious, breathless automatons, rushing faster than time itself into an imaginary future, seldom present to the mystery and miracle of our lives right now and here. Our breathing is so constricted and incomplete that it undermines our health, vitality, and consciousness. Such breathing also deprives us of one of the great joys of living on this earth: the expansive sensation of a free, easy, boundless breath that engages the whole of ourselves and opens us to the miracle of “the breath of life.”



Using ideas, insights, and practices from his book, *Free Your Breath, Free Your Life*, Dennis Lewis will take participants on a journey of presence into the physiology, psychology, and spirituality of natural, boundless breathing. You will learn and practice the seven basic self-directed ways of working with the breath: conscious; controlled; focused; movement-supported; position-supported; touch-supported; and sound-supported breathing. Through safe, powerful exercises—as well as through special movements, postures, sounds, meditations, qigong practices (Humming Breath Qigong, which Dennis created), dialogue, and work with presence—you will be shown how to integrate conscious, whole-body breathing into your life to support your health and your quest for self-realization.

Information on reservations and accommodations: <http://www.esalen.org>

Dennis Lewis, a longtime student of the Gurdjieff Work, Taoism, and Advaita, is co-editor with Jacob Needleman of *Sacred Tradition & Present Need* and *On the Way to Self Knowledge*. He is the author of *Free Your Breath, Free Your Life*; *The Tao of Natural Breathing*; the three-CD audio program *Natural Breathing*, and *Breathe Into Being: Awakening to Who You Really Are*. Lewis teaches regularly at Esalen Institute and has also taught at The New York Open Center, The Kripalu Center for Yoga & Health, the National Qigong Conference, and many other venues.

Learn more at <http://www.dennislewis.org>

