

## Free Your Breath, Free Your Life

### A Five Day Retreat with Dennis Lewis

April 12-17, 2009, Esalen Institute, Big Sur CA

The ever-increasing speed, stress, and disharmony of the modern world not only condition us to a way of living in which the future is often felt to be more important than the present, but also cut us off from the immediate experience of ourselves as living, breathing beings. As a result, many of us live the lives of unconscious, breathless automatons, rushing faster than time itself into an imaginary future and seldom present to the mystery and miracle of our lives right now and here. For many of us in our busy, anxiety-filled lives, our breathing is so constricted and incomplete that it undermines our health, our vitality, and our 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 fullness of life.

Using ideas, insights, and practices from his highly acclaimed books [The Tao of Natural Breathing](#) and [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. Participants will learn and practice the seven basic self-directed ways of working with the breath: conscious breathing, controlled breathing, focused breathing, movement-supported breathing, position-supported breathing, touch-supported breathing, and sound-supported breathing. Through safe, powerful breathing exercises--as well as through special movements, postures, sounds, meditations, qigong practices, and dialogue--participants will learn how to integrate conscious, whole-body breathing into their lives to support their health and their quest for self-knowledge and self-transformation.

### Registration Information

Web: <http://www.esalen.org>

Phone: 831-667-3005

Email (for info only): [info@esalen.org](mailto:info@esalen.org)



**Esalen.** The word itself summons up tantalizing visions of adventure, of unexplored frontiers, of human possibilities yet to be realized. There is the wonder of the place itself, 120 acres of fertile land carved out between mountain and ocean, blessed by a cascading canyon stream and hot mineral springs gushing out of a seaside cliff. There is the delicate and subtle Big Sur air of a late afternoon in May, the midnight mist of July, the drenching February rain. There are October nights so clear the Milky Way can light your walk along the darkened garden path. And always there is the sound of the sea.

And then there are the people—the people who live there and love the land, and the 300,000 more who have come from all over the world to participate in Esalen's forty-year-long Olympics of the body, mind, and spirit, committing themselves not so much to “stronger, faster, higher” as to deeper, richer, more enduring.

They come for the intellectual freedom to consider systems of thought and feeling that lie beyond the current constraints of mainstream academia. They come to discover ancient wisdom in the motion of the body, poetry in the pulsing of the blood. They come to rediscover the miracle of self-aware consciousness. At best, they come away inspired by the precision of a desire to learn and keep on learning through all of life, and beyond.

Esalen is a place with a global reach. It is a place, as Thomas Wolfe said about America, where miracles not only happen, but where they happen all the time.

