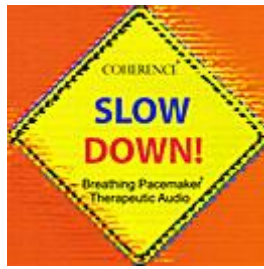


Mp3 Coherence - Slow Down!



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Breathing Pacemaker Therapeutic Audio 16 MP3 Songs in this album (67:22) ! Related styles: NEW AGE: Healing, NEW AGE: Yoga Details: SLOW DOWN! is the second CD in the Breathing Pacemaker Therapeutic Audio series. Breathing Pacemaker Therapeutic Audio promotes Coherent Breathing, a specific breathing method that results in coherent blood flow, autonomic nervous system balance, and cardiopulmonary resonance. Autonomic balance yields peace of mind, mental and physical comfort, a positive emotional outlook, and enhanced health well being. SLOW DOWN! is for the specific purpose of gradually retraining the "normal" resting breathing rhythm from a higher frequency to a lower frequency. It presents 16 consecutive breathing intervals from 20 breaths per minute to 5 breaths per minute. Each track is 4 minutes long and may be repeated continuously on most CD players. This CD involves a specific breathing modality and the conscious practice thereof. Multiple patents issued and pending.

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