

Yoga Breathing Techniques For Anxiety And Meditation Proven Effective By Harvard

Brandon Schoen November 29, 2013



Scientists at Harvard are proving the powerful benefits of meditation and its ability to destroy stress and prevent disease. Julie Schoen teaches powerful yoga breathing techniques her book **Keep Calm And Breathe**, on sale Black Friday Weekend Amazon.com.

([Newswire.net](http://www.newswire.net) -- November 29, 2013) Albuquerque, NEW MEXICO -- In a recent article published earlier this month a group of scientists discuss the breakthroughs taking place proving the powerful benefits of meditation and its ability to destroy stress and prevent disease. Referred to as “mind-body techniques” Harvard researchers have determined that certain exercises, such as conscious breathing and seated meditation, can actually turn on and off genes in the body, allowing people to control how their

body and mind reacts to stress, illness, and other detrimental factors.

John Denninger, the director of research at the Benson-Henry Institute, says, “There is a true biological effect. The kinds of things that happen when you meditate do have effects throughout the body, not just the brain.” Another study outside of Harvard’s walls took place in San Francisco at the University of California shows that just twelve minutes of yoga meditation each day can have a dramatic impact on the aging brought on in humans by stress.

Julie Schoen, author of the bestselling book **Keep Calm and Breathe** on Amazon, teaches her yoga students **breathing techniques and meditation** on a regular basis. “The simple act of turning your awareness to the breath can create powerful change in the body and mind,” she says. “I think because it seems so simple it is often overlooked, but when you see the transformation that takes place in people’s lives – their health, their mindset, their ability to be happy – it’s obvious that there is something to it.”

Keep Calm and Breathe (Little Pearl Publishing) offers readers several proven breathing techniques guaranteed to help reduce stress and explore the depths of meditation. As a Black Friday special, the book will be sold for just 99 cents on an **Amazon** Countdown deal all during Black Friday, rising to \$1.99 on Saturday, and then back to its regular price on Sunday. To check out the book visit the following link to Amazon.com-<http://www.amazon.com/Keep-Calm-Breathe-Breathing-Techniques-ebook/dp/B009MAJR8/>

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