



The Breath (Art of Meditation)

Vessantara (Tony McMahon)

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Calm, awareness, peace, openness.

Developing these characteristics is part of what the mindfulness of breathing meditation can offer. Join Vessantara, an experienced meditator and teacher, for an exploration of one of the most common meditation practices. Found in most Buddhist traditions, yoga and, most recently, stress management techniques, the mindfulness of breathing is something we *can* integrate into our daily lives.

With practical examples balanced with clear descriptions of the practice's philosophy, *Mindfulness of Breathing* offers an accessible foundation for us to develop more focus, more evenness in our everyday emotions as well as more openness and awareness to the world we're in. For to be better for those around us, we need to be more at ease with ourselves.

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