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Richard Brown and Patricia Gerbarg are medical doctors, clinical psychiatrists and university professors. They also happen to be two of the world’s leading breath experts—integrating Western science and ancient breath techniques derived from yoga, qigong, Coherent Breathing, and Open-Focus meditation.

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Dr. Noah Greenspan, DPT, CCS, EMT-B and Dr. Richard Brown, MD discuss “The Healing Power of the Breath: Simple Techniques to Reduce Stress and Anxiety, Enhance Concentration, and Balance Your Emotions”. Lecture was originally presented on Wednesday, March 18, 2015 at the Pulmonary Wellness & Rehabilitation Center

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