

Breathing instead of medication?

Could it be as simple as breathing? Heinz Gerd Lange says yes!

LONDON, GREATER LONDON, ENGLAND, UK, June 14, 2017 /EINPresswire.com/ -- Scientifically proven...a simple, highly effective [breathing](#) technique to lower and balance high blood pressure, positively affect heart problems, digestion problems, sleep disorders, anxiety, and stress. A direct remedy to [burnout](#) and fatigue...and many more, otherwise medically treated health challenges.

German Breathwork specialist Heinz Gerd Lange is visiting London to hold a practical seminar full of information. He will be teaching this simple to learn method and other breathing techniques for [stress release](#) and well-being. Huge lasting health changes within weeks. Easy to learn with quick results. Just 3 times a day for 5 minutes will change your condition and re-introduce health and peace of mind.

"De-stress, re-charge and let go"
17. and 18. June 2017 - London
Psychosynthesis Trust
92-94 Tooley Street,
London Bridge
London SE1 2TH

More info on this event and for scientific background please contact:
gerdlangemain@googlemail.com. Download pdf: <http://www.inbreath.org/uk-2>

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This press release can be viewed online at: <http://www.einpresswire.com>

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