



The Benefits of Pranvic Breathing

LAGUNA HILLS, CALIFORNIA, USA, October 13, 2019 /EINPresswire.com/ -- Most people breathe in a manner that increases the risk of stress and various other ailments in the body.

In his practical discourse [What is Pranvic Breathing?](#), Louix Dor Dempriey teaches us how to engage in the powerful—yet simple—practice of pranvic breathing and how just a few minutes per day can help relieve stress, anger, headaches, shortness of breath, low energy, and much more.

To learn more about Louix Dor Dempriey and his non-profit educational foundation, as well as his teachings and events, please visit: www.Louix.org.

About the [Louix Dor Dempriey Foundation](#)

The Louix Dor Dempriey Foundation is a 501(c)(3) non-profit educational organization dedicated to sharing the teachings and humanitarian works of Louix Dor Dempriey. Its mission is to help people remember and restore their inherent divinity, and to walk in this world as unconditional love.

Louix Dor Dempriey is a spiritual Master who has dedicated his life to helping other people attain self-mastery in all areas of their lives, so that they, too, can experience true joy and inner peace, regardless of worldly circumstances. Louix's darshan, as well as his illuminating discourses, meditations, and ceremonies, have invoked profound transformation in thousands of people worldwide. With grace and humor, Louix imparts timeless wisdom in contemporary, practical teachings—that transcend all faiths, paths, religions, and cultures. He resides at Prema Drala Ashram in Laguna Hills, California.

For more information, please visit: <http://www.Louix.org>.

Samantha Farber
Louix Dor Dempriey Foundation
888-288-3735

[email us here](#)

Visit us on social media:

[Facebook](#)

[Twitter](#)

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

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases. © 1995-2019 IPD Group, Inc. All Right Reserved.