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Dennis Lewis (born 1940) is a non-fiction writer and teacher in the areas of breathing , qigong , meditation , and self-enquiry . In the book The Complete Idiot's

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The breath of life

About Dennis Lewis. Dennis Lewis, a longtime student of the Gurdjieff Work, Advaita, and Taoism, teaches the transformative power of presence through natural

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Biography - harmonious awakening | dennis lewis:

I am the author of The Tao of Natural Breathing, Dennis Lewis: Authentic Breathing and Harmonious Awakening: my professional website, which includes essays,

The tao of natural breathing: for health,

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