

Video: 5 Ways to Improve Your Breathing with James Nestor

Post by “Kalosyni” of May 19, 2023 at 9:15 AM

This is a very interesting video from a health perspective - lots of good advice for increasing the health of the body!

5 Ways to Improve Your Breathing:

<https://m.youtube.com/watch?v=f6yAY1oZUOA>

Post by “Godfrey” of May 19, 2023 at 5:18 PM

Thanks [Kalosyni](#) ! Lots of useful information in a short and concise video.