

BREATH AWARENESS

How to create your best ride yet



Ann Harrison

Preface

This book is more than just a book on how to ride better, but we can start there.

You are the starting point for any activity that you undertake. So this book is about **you**.

The few words, exercises and guided meditations contained here are to help you focus on yourself and your potential, so that you can be who you want to be and ride your very best – and most importantly be happy with yourself and your life.

This booklet will give you general principles of effective, stress free living that can be applied to any aspect of your life. There are also exercises that will allow you to develop greater understanding of your mind and emotions. You can learn how to create a greater awareness of yourself and connect with your Spirit – so that you will never lose heart in living your life to the fullest, with the utmost joy.

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How to create your best ride yet

A simple guide to self awareness, effective living and performance.

This book is for you if you want to learn how to:

- Remain calm under pressure
- Regain calm and focus when you have lost it
- Identify what really upsets you
- Find solutions to negative mind sets
- Create new goals
- Achieve what you want to
- Be happy with who you are and what you do

"Horses are ultra susceptible to the power of breath."

–Sally Fisher

ABOUT THE AUTHOR



For more than 30 years Ann Harrison has been working with breath awareness. She has guided clients, nationally and internationally, in a variety of breathing techniques designed to relieve stress, create greater self awareness and develop a foundation for healthy happy living. Ann is a teacher of meditation, psychotherapist and director of Breathwork Trainings International – an Australian government registered training organisation teaching and training Breathwork practitioners.

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