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Diaphragmatic breathing, or deep breathing, is breathing that is done by contracting the diaphragm, a muscle located horizontally between the thoracic cavity and abdominal cavity. Air enters the lungs and the chest rises and the belly expands during this type of breathing. Diaphragmatic breathing is also known scientifically as eupnea, which is a natural and relaxed form of breathing in all ...

Diaphragmatic breathing - Wikipedia

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Zazen - Wikipedia

The Jedi Path: A Manual for Students of the Force is a reference book on the Jedi Order and its history by Daniel Wallace. It was released on September 28, 2010. Although the book has 160 pages, at Celebration V it was revealed that pages 13-16 discuss the prophecy of the Chosen One and are...

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Player's Basic Rules | Dungeons & Dragons

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