Subject: Ancient Art helps students?
Posted by Gary on Sun, 08 May 2016 13:01:09 GMT
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I noticed they do not elaborate on where the Ancient Art came from.

http://wthitv.com/2016/05/08/ancient-art-helps-students-keep -calm-in-class/

This sounds like it comes directly out of Hinduism, where they concentrate on their breathing.

Remove prayer and discipline from our school systems and bring in Hinduism. This is sad!

Gary

Subject: Re: Ancient Art helps students?
Posted by james on Mon, 09 May 2016 13:06:49 GMT
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Mr. Buddha passed it along to his followers, according to what I read on the internet, so you 'know' it's true.

Deep breathing does help with stress, high blood pressure, and getting relaxed to go to sleep...but I just take deep breaths and hold them in a relaxed position if I'm having trouble getting to sleep.

It also helps when swimming under water...