Breath Chapter external links as reference to trainers and students:

Articles and books:

* [Restoring Prana](https://books.google.co.th/books/about/Restoring_Prana.html?id=6gSqDwAAQBAJ&printsec=frontcover&source=kp_read_button&hl=en&redir_esc=y)
* [Breath - the New Science of a Lost Art](https://www.amazon.com/Breath-New-Science-Lost-Art/dp/0735213615)

# [How Does Pranayama Work? The Science of Breath Retention (Kumbhaka)](https://lifespa.com/ayurvedic-lifestyle/breathwork/pranayama-intermittent-hypoxia/)

Videos:

* [How to Actually Breath](https://youtu.be/FdXQ6K0zIj4)e
* [Why 70% Of People Are BREATHING WRONG & How To FIX IT For Better Health! | James Nestor](https://youtu.be/CFRQOnFDc5o)
* [Lungs 101](https://youtu.be/B75kBvjJink)
* [DIY Model of the Lungs](https://youtu.be/fybV8zIGyu8)

Podcasts: