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Breath-based meditation: A mechanism to restore the physiological and cognitive reserves for optimal human performance

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SD Edwards - African Journal for **Physical** Health Education ..., 2015 - reference.sabinet.co.za
... name "SHISO" ultimately became the acronym for a particular heart focussed, **breath based**,
healing method ... I have not been **meditating** long enough and deeply enough recently. ... through
the union of emptiness and form, realized through loving kindness **meditation** and action. ...
引用

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J Vidyarthi - 2012 - summit.sfu.ca

... plans to explore underlying **mechanisms** and to inspire new design iterations which aim ... In
surveying common themes across a wide range of **meditative** practices; Lutz et. al. ... reduction,
but I also believe it can motivate interest in – and even adoption of – mindfulness **meditation**. ...

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[图书] Concert Song as Seen: Kinesthetic Aspects of Musical Interpretation

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... entire body except as movement would affect the mouth and the tone-producing **mechanism**. ...
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