

[Page 1]

Under the umbrella of the Association Française pour l'Etude de la Respiration

First European experimentation of the Innate Regenerative Movement conducted from 1992 to 1997, in service of 256 elementary school pupils.

Filiations of teachings

Innate Regenerative Movement from Professor I. Tsuda

Purification and Kototama primary sounds from Professor T. Nakanishi

Haiki Morning Breathing Harmonizing from Professor I. Tsuda

Kyudo, Way of the Bow and inner practice from Professor Y. Kitajima & Professor M. Kuwahata

Karate-Do Defense and Combat from Professor T. Kase

Seitai Manifestation of Life from Professor Fujiyama

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Haruchika Noguchi, Professor and Founder, Japan

"Let us be capable to encounter others with in our hearts the gentleness of a Spring breeze."

Study and Research led by Bruno Garnerio
Conferences/Radio Interviews
Workshops (Initiation and Continuing Training)
Professional seminars
Personalized workshops
School workshops
Biomedical protocols

BREATHING AND ITS APPLICATIONS

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"Precious Teachings"

BREATHING

Healthy life and common sense principle between birth and death

Its concrete applications in our daily life

Its vital action in extreme situations

Its unknown science for the proper balance of our physical and psychic health

Its indispensable role in the respect of the other and the education of young people

Its invisible talents for creativity, union, and wisdom

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[Page 2]

"Time and breath are the two most precious possessions in our world. Let us not waste them on vain self-interests." Takako Nakanishi

Between Birth and Death, is there not Life?

How many of us are fully aware of their capacity to live, to succeed where so many others fail?

A 20th century man, Professor Itsuo Tsuda, was not only a messenger of philosophy, of sociology, or of Aikido. By testifying with his writing and offering his ideas on breathing, he emphasized for his students the "sensation and principle of healthy life."

Since then, enlightened by scientific knowledge, we discover how life manifests itself, on the outer limits of our universe as well as in the most intimate connections of our own nervous system.

Isn't this fabulous?

However, how many of us dare to and know how to traverse illness and accidents by observing by themselves the subtle action of our Innate Regenerative Movement?

Bruno Garnero

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KNOWING HOW TO LIVE

Knowing how to stimulate our capacity for survival and our ability to adapt are not and will never be a “human invention.”

Our body has much more experience in survival than we have acquired in our lifetime, and many scientific discoveries are reminders that our far away ancestors knew how to survive cruel cycles of famine, pandemics, genocides, unbearable climatic conditions, and an entire panoply capable of rendering our species extinct...

Nevertheless, at a time when 21st century men and women believe that they know all about everything, or almost, we have forgotten that human beings used to live practically naked, feeding on seashells in frigid temperatures.

Whenever we can, we boast of our age expectancy in modern civilization, forgetting the endurance of our great elders, who were born before the Iron Age! When our own endurance and actual resistance have only the suffering of old age to offer us, rather than the valiant old age that is so often touted, we often become dependant.

Contrarily to preconceived notions, promising slogans are insufficient and humans weaken... while everything within is ready to normalize itself through the awakening of the body's own involuntary motricity, which does not only include limbs, but the very real abilities of our nervous and endocrinian systems—the joined engines of our life.

We are fortunate to benefit from the “free” fuel that is truly accessible to all:
“Our breathing”

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SAVOIR FAIRE

This is how simple but daily experimentations on the awakening of the “extrapyramidal motor system” started in the mid-1970s.

Awakened by this stimulation, the vigilance of our body's extrapyramidal motricity is increased, and life changes little by little...

Thus were born new questions about life, and my teaching based on 35 years of experience with undeniably authentic evidence—though surprising.

This savoir faire about how to really live cannot be taught with books or new media, because this process can only be discovered through practice.

So let's get to work!

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Breathing and its Applications