



## Strelnikova respiratory gymnastics Vs Buteyko breathing method



# The Full Course of Strelnikova respiratory gymnastics for the treatment of more than 100 diseases and health conditions

Respiratory exercises with airway muscle resistance



An effective treatment system for restoring health with no drugs in natural way



Self-help in serious health conditions and emergency situations



Increasing physical and mental performance



Millions of followers around the world

**Samuel Greenberg**

**Platinum edition**