



before, or periodically throughout, the practice, has become a gracious, symbolic gesture that reminds a yogi that most of the benefits of yoga is from, and about, the breath.

We spend a lot of time focused on the breath in yoga. In fact, it often becomes the most important element of the practice, above any fancy poses or vinyasa-ing, acting as the bridge between the body and the mind, so maybe this is the airwave of the future. Or maybe pretty soon we won't have to do any yoga at all because portable oxygen and stretching devices will create all the benefits for us! Kidding. We think.

You can get your recreational oxygen starter kit for \$39.99, and looks of wtf for free.

Now take a nice deep breath.

Full Article: <http://yogadork.com/2016/08/17/canned-oxygen-the-new-way-to-get-yoga-high/>