

Al Lee Speaking Introduction

I'd like to present our speaker, Al Lee. Al is the co-author of the book "Perfect Breathing" and has been teaching others how to improve their health, performance and emotional well-being using energy management, and conscious breathing for more than 15 years.

Al has put these techniques to use in his own life – in high stress environments as an engineering executive developing cutting edge aerospace and internet technologies, and as a performing musician and Karate instructor for more than 20 years.

Please welcome Al Lee.