



Mazdaznan Health & Breath Culture: The First Six Exercises

Otoman Ha'nish

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Mazdaznan Health & Breath Culture explores the close relationship between Mazdaznan, Johannes Itten and the Foundation Course at the Bauhaus. Founded by the extraordinary Dr. Otoman Zar-Adusht Ha'nish in Chicago at the start of the twentieth century, Mazdaznan was a religion and way of life. It is said that Edison named the first lightbulb Mazda in his honor and that Henry Ford attributed the dawn of the motor-age to Ha'nish's influence. The Swiss artist and teacher Johannes Itten was a devout Mazdaznan and its exercises were an essential part of his courses at the Bauhaus. *Health & Breath Culture* is a practical guide to performing the exercises as taught by Itten. It is newly illustrated by Ian Whittlesea with drawings of current Foundation students demonstrating the exercises. It is followed by a selection of found texts and images that elucidate the beliefs and history of Mazdaznan.



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