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Secrets of Successful Pranayama: A Practical Step-By-Step Guidebook to the Life-Transforming Practice of Yogic Breathing, Volume 1: Basic Practices

By T. Abrehamson

Secrets of Successful Pranayama. Paperback. Book Condition:

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0.6in. What is Pranayama Pranayama is yogic breathing, a

great variety of practices. Prana refers to a Vital Energy, an

Energy not yet often recognized by Western science but which

some Eastern thinking believes to be pervasive. Life-Force

might be one acceptable interpretation. Thus to think of

Pranayama as merely yogic breathing exercises is an

oversimplification that omits the most important aspects of the

practice. With Pranayama you may harness Universal Energy

by regulating your breath. This is of course an extremely

important assertion. You can test its validity. Why Should You

Practice Pranayama On one level: Pranayama can make you

Feel Great: utterly calm and quiet, light yet grounded, and

confident and empowered, and it is a wonderful lead-in to

Meditation. It opens the body for improved progress in Yoga

poses. This is all nice, yes - but relatively minor. On a higher

level: Pranayama is Life-Transforming. It links you up with the

Universe. You trend in the right direction. Things start to knit

together, to slot into place more easily. Your day and your life

can flow more smoothly. You can become open...



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