



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: New. Paperback. 228 pages. Dimensions: 9.0in. x 6.0in. x 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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