

The Yoga Of Breath A Step By Step Guide To Pranayama

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- For those wanting to incorporate a pranayama home practice into their routines The Yoga of Breath is an excellent choice By adding a complementary practice of pranayama to your current yoga class "no matter what school you may follow" your practice will be deepened and enriched Your poses will come easier and your ability to lengthen and deepen the stretch will also increase This also adds to your overall sense of well being as well as state of daily consciousness

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- An introduction to the practice of pranayama explains how to incorporate breathing exercises into a yoga practice cites their spiritual and health benefits and offers a history and philosophy of the practice

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