

# Light On Pranayama The Yogic Art Of Breathing

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daily practice of Pranayama The Prana may be defined as the finest vital force in everything which becomes visible on the physical plane as motion and action and on the mental plane as thought The word Pranayama, therefore, means the restraint of vital energies It is the control of vital energy which tingles through the nerves of persons

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2 Early morning sit for the Yogic practices Practise Pranayama in a dry, well-ventilated room Pranayama requires deep concentration and attention Do not keep anyone by your side 3 Before you sit for Pranayama practice, thoroughly clean the nostrils When you finish the practice, take a cup of milk or light tiffin after 10 minutes 4

### **IPG Body, Mind, and Spirit Fall 2015**

Light on Prāṇāyāma : The Yogic Art of Breathing B K S Iyengar, Yehudi Menuhin 9780824506865, 0824506863 Pub Date: 6/1/85 \$1995/\$2195 CanDiscount Code: LON 320 pages Trade Paperback Health & Fitness / Yoga 54 in W | 83 in H | 09 in T | 09 lb Wt Ctn Qty: 32 Summary: In this classic yoga best -seller a world-renowned yoga master

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