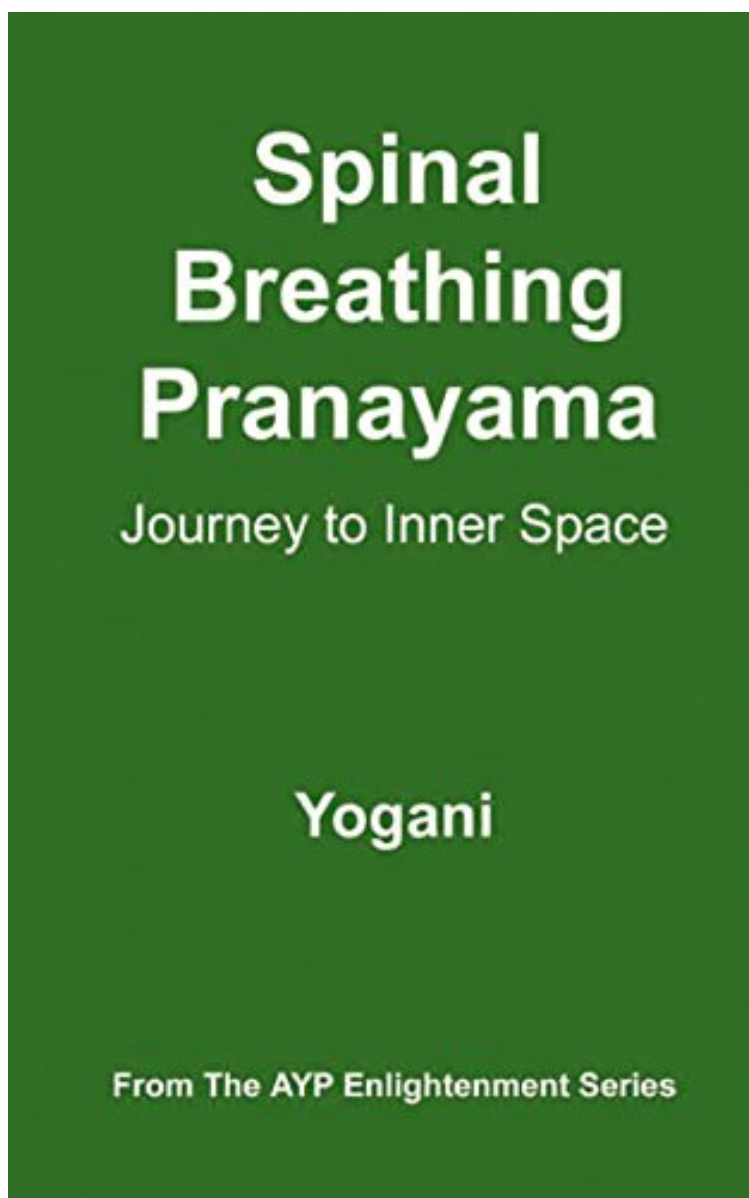


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# Spinal Breathing Pranayama - Journey to Inner Space (AYP Enlightenment Series Book 2) (English Edition)



*Par Yogani*  
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## Description :

Prsentation de l'diteur"Spinal Breathing Pranayama" is one of the most important practices in all of yoga, producing positive effects in our health, wellbeing, and every aspect of our daily living. Moreover, this simple daily practice purifies and opens us to our ecstatic inner realms, taking us on an exciting journey to

Inner Space. The consequences of this journey are as practical as they are profound. This book provides easy-to-read instructions for beginning and continuing with the practice of "Spinal Breathing Pranayama," addressing in a surprising degree of detail the many experiences and questions that can come up. Yogani is the author of two landmark books on the world's most effective spiritual practices: "Advanced Yoga Practices - Easy Lessons for Ecstatic Living," a comprehensive user-friendly textbook, and "The Secrets of Wilder," a powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. "Spinal Breaching Pranayama" is the second book in the series. The first is "Deep Meditation Pathway to Personal Freedom." Presentation de l'auteur "Spinal Breaching Pranayama" is one of the most important practices in all of yoga, producing positive effects in our health, wellbeing, and every aspect of our daily living. Moreover, this simple daily practice purifies and opens us to our ecstatic inner realms, taking us on an exciting journey to Inner Space.

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It is a flexible, scientific approach rather than a rigid, arbitrary one, and open to public scrutiny, as all spiritual knowledge should be nowadays. He has no desire for guru status - only to have the joy of making a small contribution to helping the disciplines of spiritual practice become open to everyone. He wishes to remain anonymous, preserving a quiet life in practices. AYP is not about the author. It is about all who long for knowledge.