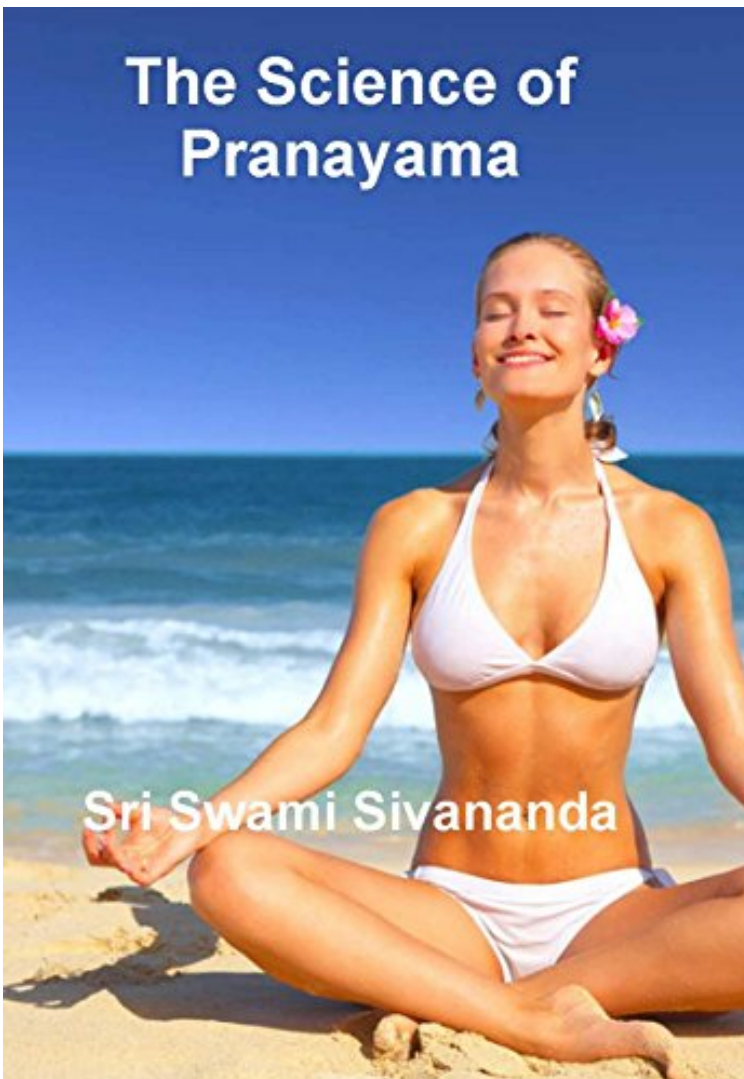


(Read free ebook) File size: 34.Mb

The Science of Pranayama



Par Sri Swami Sivananda
*audiobook / *ebooks / Download PDF*
/ ePub / DOC

Dtails sur le produit Rang parmi les ventes : #176072 dans eBooksPubli le: 2014-08-28Sorti le: 2014-08-28Format: Ebook Kindle

(Read free ebook) The Science of Pranayama

Par Sri Swami Sivananda : The Science of Pranayama before purchasing it in order to gage whether or not it would be worth my time, and all praised The Science of Pranayama:

Download

Read Online

Description :

Prsentation de l'diteurBody positions typically associated with the practice of Yoga are intended primarily to restore and maintain a practitioner's healthy well-being, and improve the body's flexibility and vitality. These are widely known as Yoga postures or Yoga positions, which is currently practiced for exercise and as popular alternative medicine. Yoga primarily works with the energy in the body through the science of pranayama or energy control. Yoga teaches how to still the mind through breath-control and thereby attain higher states of awareness and wellness. The teachings in this book show the yogi or yoga practitioner how to unleash this harmony within one's self.Prsentation de l'diteurBody positions typically associated with the practice of Yoga are intended primarily to restore and maintain a practitioner's healthy well-being, and improve the body's flexibility and vitality. These are widely known as Yoga postures or Yoga positions, which is currently practiced for exercise and as popular alternative medicine. Yoga primarily works with the

energy in the body through the science of pranayama or energy control. Yoga teaches how to still the mind through breath-control and thereby attain higher states of awareness and wellness. The teachings in this book show the yogi or yoga practitioner how to unleash this harmony within one's self.