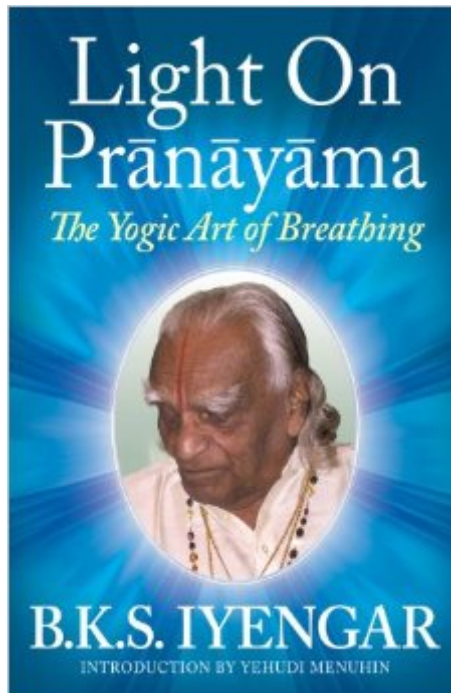


The book was found

Light On Prāṇāyāma: The Yogic Art Of Breathing



Synopsis

In this classic yoga best-seller a world-renowned yoga master shares the techniques of breathing together with a comprehensive background of yoga philosophy. B. K. S. Iyengar is a legend who has practiced yoga in a unique way, and today "Iyengar Yoga" is taught around the world by certified instructors.

Book Information

Paperback: 320 pages

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Customer Reviews

This classic together with "Light on Yoga" from the guru need no introduction. Essential guide to anyone studying pranayama and great reference for practitioners of other life-force disciplines (like Taoist Yoga that use the word chi instead of prana). This book, however, has nothing to do with DIY breathing exercise books (like the popular "The Little Book of Yoga Breathing: Pranayama Made Easy"). The DIY books essentially are books on how to expand and increase the capacity of your lungs so that you are able to breathe deeply and calmly (BTW, these are all good side-effects of the real-stuff). These DIY books are certainly useful to promote good lungs, which benefits however can also be achieved simply by putting on your Rockport (no commercial intended) and to do some fitness walking at your nearby mall. So, if the DIY books are reference books for making toy-cars, the book on hand is a (if not THE) instruction book for making a Ferrari. For folks looking for the real-stuff, below are some guidelines to navigate you through this highly complex book. Before starting pranayama, one has to learn the asanas, as the guru said, to temper the body so that prana can flow and be received. More specifically, some essential bandhas in pranayama are learned through the asanas, for example "(jalandhara Bandha) is mastered while performing sarvangasana and its

cycle, during which the sternum is kept pressed against the chin." (chapter 13).

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