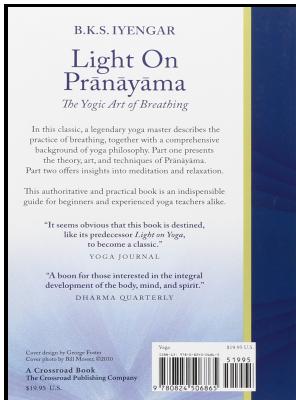


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-
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Notes: Includes index.

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Light on Pranayama

. These instructions include specific references to alternate nostril-breathing patterns, details on how to retain the breath, guidelines on auspicious times for practice and an overview of the various signs of progress in pranayama.

Light on Pranayama

It's a very exhaustive explanation of the breathing techniques practiced in yoga under the name of Pranayama, whereas pranayama is not about the breath is about the movement of the prana energy. From devotion, to physical movement, to the quest for knowledge, yoga is as unique as all of its various practitioners. While many modern yoga practitioners have come to associate yoga with the performance of physical postures asana , all of the earliest recorded texts on yoga hardly mentioned postures at all, and instead tended to emphasize the pursuit of liberation through meditation and practices instead.

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