

Download Pranayama The Breath Of Yoga

Pranayama the Breath of Yoga and millions of other books are available for Amazon Kindle. Learn more Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Yoga breathing exercises, also known as pranayama, are an important part of a developing yoga practice. Pranayama is one of the Eight Limbs of Yoga referenced by The Yoga Sutras of Patanjali, which means that it was considered an integral step on the path to enlightenment. Pranayama thus refers to control of prana by stretching it. In Yoga, breathing is one of the primary means through which control of prana is brought about. This control is over all the functions of breathing – inhalation, exhalation, retention and suspension of breath. Pranayama are of primary importance in Yoga. Bhramari Pranayama is also known as Humming Bee breath. This Pranayama is beneficial for every single person. From child to old, everyone can practice Bhramari Pranayama and take the advantages of it. Bhramari breath is a divine transformation of a person's mind, thoughts, body, etc.