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Importance of pranayama in yoga Pranayama is the control of prana and the vital forces of the body It is regulation of the breath This is the most important step Pranayama begins with the regulation of the breath for having control over the life-currents or inner vital force In other words, pranayama is the perfect control of the. Nov 24 2020. Light-On-Pranayama-The-Yogic-Art-Of-Breathing-Bks-Iyengar 2/2 PDF Drive - Search and download PDF files for free.

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Pranayama therefore refers to a controlled intake and outflow of the breath. In his classic work "Light on Pranayama," Yogi B.K.S. Iyengar notes; "Asanas are like various branches spreading in different directions. Pranayama, which aerates the body with energy, is like the leaves which aerate the entire tree."

Pranayama: An Intro to the Power of Yogic Breathing | TINT

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