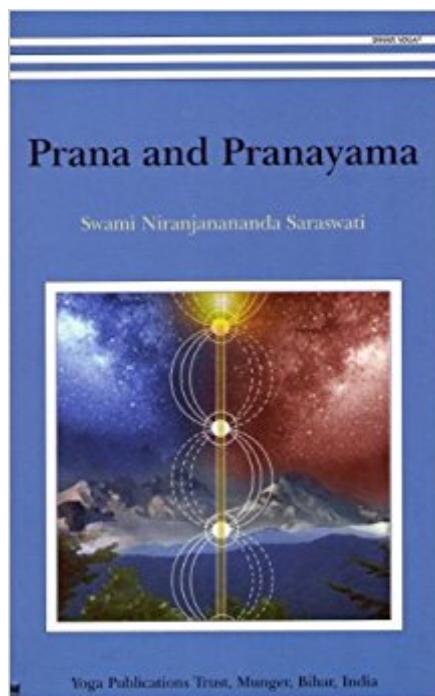


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# Prana And Pranayama



## **Synopsis**

Prana and Pranayama is a comprehensive text on the classical philosophy of prana, life force, and pranayama, the expansion and control of the life force. It provides a complete description of the science of pranayama as prepared in the classical texts and as taught in the Satyananda Yoga tradition by Bihar School Of Yoga. The first part of the book explores the theory of prana and its related yogic concepts, koshas, chakras, nadis and mantras. Secondly it expands upon respiratory physiology and current research undertaken by science on pranayama. In the practical section, specific guidelines for practicing pranayam are given, using detailed instructions and illustrations. Through out the text, scriptural sources further enhance the reader's understanding bringing to light the original science and intent of these classical teachings.

## **Book Information**

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## **Customer Reviews**

Known for many best sellers like Yoga Nidra and other titles Swami Niranjanananda Saraswati presently heads Bihar School of Yoga and the Yoga Publications Trust. Munger, Bihar India

Everything about the most important subject in yoga

Good experience.

great book. excellent condition.

Love this book!

Excellent.

This is a good book to read and own. Even though I had some reservations of buying a book written by anyone other than Swami sathya nandh saraswathi, this was alright!

Breathing (Pranayama) is the most vital process of the body. It influences the activities of each and every cell and most importantly, it is intimately connected with the performance of the brain function. Though breathing is an unconscious, natural process for any human being, conscious control of it provides more benefits and provides the bridge between conscious and unconscious areas of the mind. Breathing also expands one's longevity. As per Yoga, Pranamaya Kosha is the important kosha in the physical body. Many diseases are psychosomatic and they can be cured by Pranic healing (both appropriate Pranayama practice and also eating pranic food). Pranayama is also one of the 8 limbs in Hatha Yoga. There are 3 parts in the book. Part 1 explains the theory of prana and related yogic concepts such as koshas, chakras, nadis and mantra. Part 2 describes respiratory system as needed in understanding yogic and pranic physiology and the research undertaken by science on pranayama and related practices. Part 3 provides the guidelines for practicing pranayama, and the preparatory and classical practices of pranayama. Almost all Pranayama techniques have been explained greatly. There are few more good books available on Pranayama such as Swami Sivananda's 'The Science of Pranayama' published by Divine Life Society, 'Light on Pranayama: The Yogic Art of Breathing' by BKS Iyengar, etc. Of all the books, this book should be considered as encyclopedia of Pranayama. Many New Age Yoga gurus such as Sadhguru Jaggi Vasudev, Swami Ramdev Baba, Anandamurti Guruma, Srisri conducts their sessions based on selective, advanced pranayama techniques.

This book used to be sold under the title "Prana, Pranayama, Prana Vidya." The section on Prana Vidya, a yogic-tantric practice by which one directs energy along psychic pathways to specific points in the body, was removed because it was decided that such practices were better taught under the guidance of a guru. Many of the practices in this book, especially the classical pranayama exercises: nadi shodhana, ujjayi, bhastrika, sitali, shitkari, kapalbhati, brahmari, moorchha, chandra bheda and surya bheda, swana, and plavini, should only be performed under the guidance of a qualified teacher. However, there is an entire section of the book that is devoted to preliminary

practices, which anyone can perform. Many "beginner's" yoga classes teach pranayama exercises to students, and a solid foundation, which this book offers, is a must for performing those exercises safely and correctly, for minimum danger and maximum benefit. The book is also notable for its elaborate definition of prana, what it is and what it isn't. Though the approach is not comparative, a student of other esoteric traditions will gain much clarity, and be able to discern the difference between prana, qi, and the many different definitions of "energy" used in the West, on her or his own. As with most of the Bihar School's books, this one incorporates scientific research in a way that is interesting even if you are not a clinician. Comprehensive and accurate! A must-have for any serious yoga student!

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