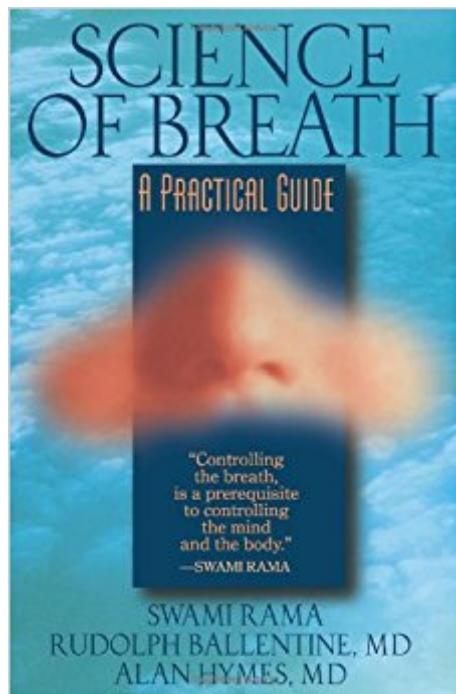


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# Science Of Breath



## Synopsis

Describes the anatomy and physiology of breathing, as well as the subtle yogic science of prana.

## Book Information

Paperback: 119 pages

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Best Sellers Rank: #45,310 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #123 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

"... this text is absolutely the most lucid examination of the interface between Western medicine and yoga I have discovered... rarely in available literature have the physiological facts been presented in such accessible form... " -- Norman Weinstein, Yoga Journal

Swami Rama founded the Himalayan International Institute of Yoga Science and Philosophy, the Himalayan Institute Hospital Trust in India, and many centers throughout the world. A student of both Himalayan cave monasteries and European universities, he founded the Himalayan Institute to create a bridge between the ancient teachings of the East and modern scientific approaches of the West. Rudolph Ballentine, M.D., is a respected leader in the field of alternative and complementary medicine. A physician and psychiatrist, he studied medicine in the U.S., psychology in the U.S. and France, and both Ayurveda and homeopathy in India.

book itself is helpful in many ways, if you are unfamiliar with the material inside. IMO, skip to the Swami Rama section if you are not skeptical of his teachings. I feel the western doctors were included to relieve said skepticism for us westerners. MY PROBLEM: the book was not in the condition it said it was in. stickers, and a LOT of sloppy underlining. very annoying, hence the 2 stars.

A lot of great knowledge in this book, I highly recommend it. I will be doing the exercises in this book, already started actually, and I honestly never thought that breathing in the ways this book suggests could make me feel so incredible in a short time. The breathing exercises are already helping me a great deal with some mental health conditions; depression, OCD, PTSD...I have finally found a great way for me to quiet my mind.

This is just a horribly formatted cheap publication made to turn over and sell to the public. I ended up printing the entire book (This Book can be found as a free pdf online) and making my own book with a hole puncher and a little binder. Much easier and more enjoyable to read than the version I purchased.

This little book, written more than 100 years ago, has become an anchor in my spiritual library. It's wisdom is ageless and it's practices have enriched my life. I read it initially as I began work toward healing after decades of chronic debilitating pain and was surprised to find how it spiritually empowering as it charted a path toward health and healing. A must read for healers and those seeking healing power within themselves!

This is a well written introduction to yogic pranayama with lots of info describing the physiological aspects of proper breathing, as well as the esoteric yoga teachings. Highly recommended.

My wife and I got interested in Swami Rama's book after reading the paperback edition of "Living with the Himalayan Masters". After that we decided to read all his books. My wife has learnt yoga and also done a certificate course from a reputed Yoga Institute near our home. As per her, the book is very good for laymen like me. I am a hardcore maintenance engineer and usually believe in tangible things and yet this book has got me thinking about the 'other' way of looking at life. The book by itself is very clear in its writing and has got me interested in knowing more and practicing yoga and 'prana'. A must for anyone in today's stressed out world. More than social networking where more than 97% of the people you are interacting with are the ones you really did not want to be in touch with, what one needs is to 'network' with one's own self and find peace and tranquility. Balachander

"Breath is life..." and has an esoteric meaning (Air) as well as an esoteric meaning (prana). Control of the breath leads to control of body and mind with Prana. Rhythmic Breath plus Will can lead to

the healing of the whole body or part thereof; and to healing others. The author promises 'concise" instructions and exercises towards breathing correctly. He succeeds in doing so and provides several exercises for cultivating breath as pertains to physical, mental and spiritual development. Behind it all are principles of correct breathing; everything vibrates; and you can heal yourself and others with correct breathing.

I found this book and others from this author after reading the Kabalion by the Three Initiates,. I was blown away with the reasoning for natural breath especially since I have been practicing yoga for about 3 years. It totally makes sense. There are no coincidences, so if you have discovered this book, read it an apply it as much as possible. I haven't done all the excercises yet, but I am learning to breathe better each day.

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