

Light On Pranayama The Yogic Art Of Breathing Bks Iyengar

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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. "

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