



Praana Praanee Pranayam: Exploring the Breath Technology of Kundalini Yoga as Taught by Yogi Bhajan

Yogi Bhajan

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A comprehensive, in-depth collection of classic as well as never-before-published breath techniques given by Yogi Bhajan, Master of Kundalini Yoga. Up to 100 different meditations using various types of pranayam practices: segmented breath, alternate nostril breath, whistle breath, sipping the breath, and more. Clear and concise instructions on the bhandas - the locks - which support the breath and its movement; and fascinating tips from Yogi Bhajan's teachings on the vayus, the nadis, praana and apaana, Breath of Fire, suspending the breath on the inhalation and exhalation, and much more.

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