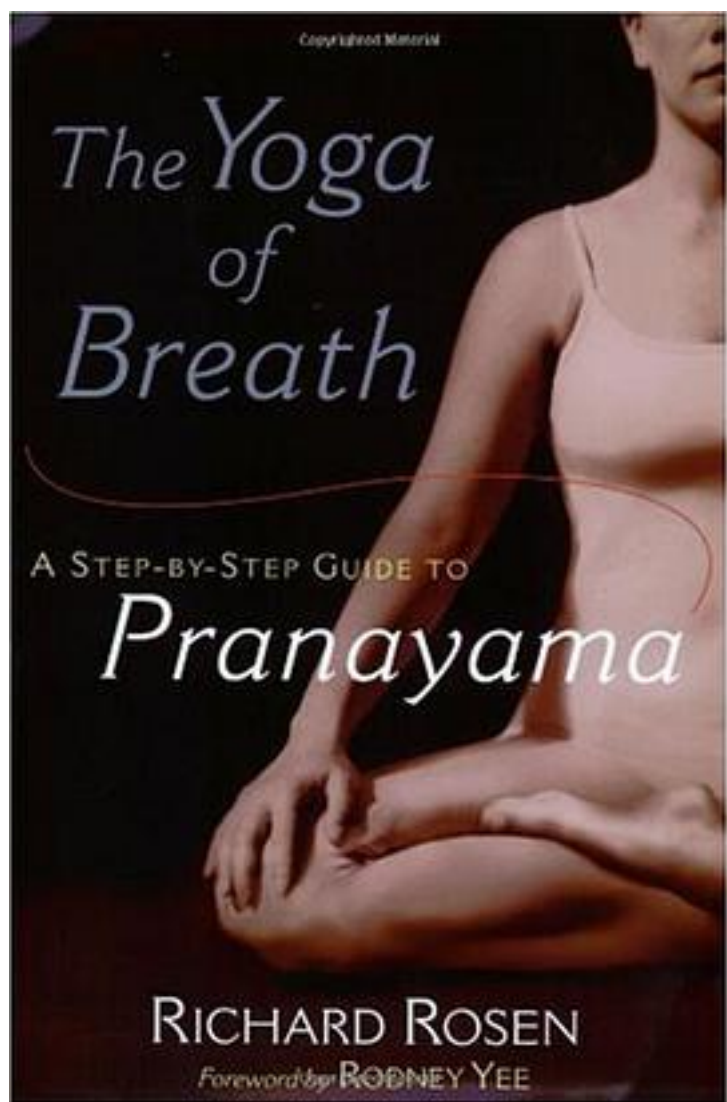


# The Yoga of Breath



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For several thousand years, yogis have drawn on the powerful practice of pranayama, a technique of controlling the breath to maximize prana or life energy. Pranayama has been practiced to rejuvenate the body and as a means of self-study and self-transformation. While most yoga practitioners today focus on asanas , or body postures, a growing number of people are learning the complementary practice of pranayama to deepen and enrich their practice.

The Yoga of Breath is a guide to learning the fundamentals of pranayama and incorporating them into an existing yoga practice. Rosen's approach is easy to follow with step-by-step descriptions of breath and body awareness exercises accompanied by clear illustrations. The book also covers the history and philosophy of pranayama, offers useful practice tips, and teaches readers how to use props to enhance the exercises.

作者介绍:

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