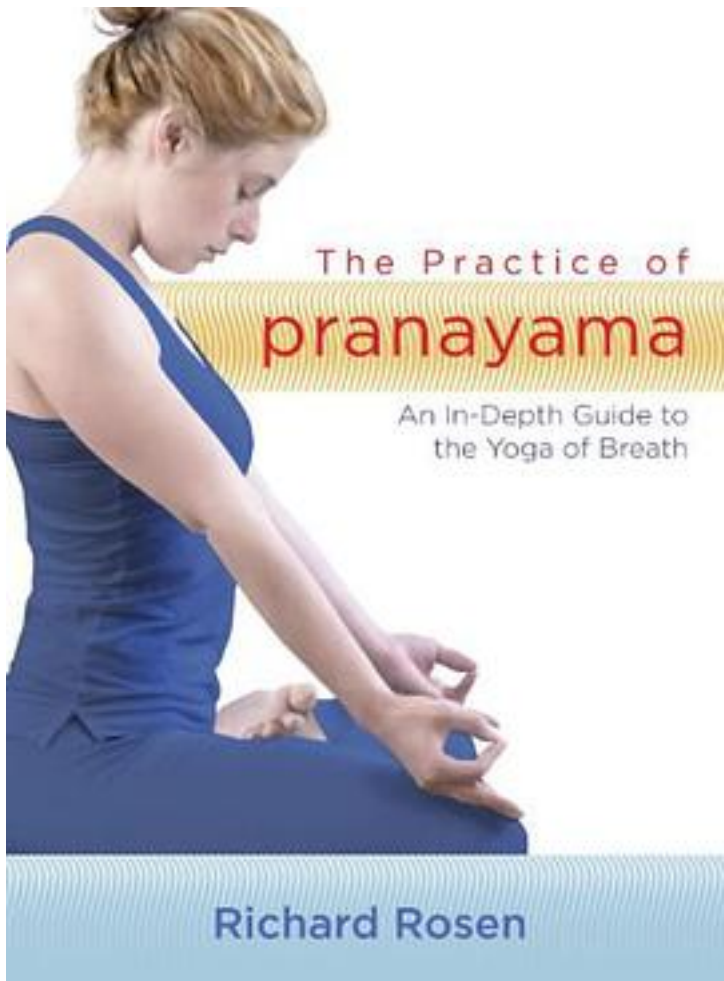


# The Practice of Pranayama



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For thousands of years yoga practitioners have tapped into the power of pranayama, a method of focused breathing to rejuvenate the body and mind, and to bring about

spiritual transformation. Here Richard Rosen presents an in-depth program on pranayama designed for beginners as well as for those with an existing practice who are looking to build upon their experience and refine their technique. On 7 CDs, he offers easy-to-follow, guided breathing instructions and then goes on to lead pranayama routines that create an ideal structure for pranayama practice at home. The program includes: a 16-page booklet that provides an overview of pranayama instruction on ujjayi, violma, and bhramari breaths that form the foundation of pranayama more advanced breathing techniques like ratio breathing, digital pranayama, and inner and outer retention eight different guided pranayama routines twelve guided meditations with visualizations in shavasana and much more

作者介绍:

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