



Prana And Pranayama

Swami Niranjanananda Saraswati

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Prana and Pranayama is a comprehensive text on the classical philosophy of prana, life force, and pranayama, the expansion and control of the life force. It provides a complete description of the science of pranayama as prepared in the classical texts and as taught in the Satyananda Yoga tradition by Bihar School Of Yoga. The first part of the book explores the theory of prana and its related yogic concepts, koshas, chakras, nadis and mantras. Secondly it expands upon respiratory physiology and current research undertaken by science on pranayama. In the practical section, specific guidelines for practicing pranayama are given, using detailed instructions and illustrations. Through out the text, scriptural sources further enhance the reader's understanding bringing to light the original science and intent of these classical teachings.

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