

Download Pranayama The Breath Of Yoga

Pranayama is the formal practice of controlling the breath, which is the source of our prana, or vital life force. Here, read up on pranayama exercises & poses, breathing techniques and sequences. Step 3. This sound, called ajapa mantra (pronounced ah-JOP-ah mahn-trah, the "unspoken mantra"), serves three purposes: it helps to slow the breath down (which is exactly what we want for Ujjayi), to focus awareness on the breath and prevent your mind "wandering," and to regulate, by continually monitoring and adjusting the evenness of the sound, the smooth flow of breath (another important ... Prāṇāyāma is a Sanskrit word alternatively translated as "extension of the prāṇa (breath or life force)" or "breath control." The word is composed from two Sanskrit words: prana meaning life force (noted particularly as the breath), and either ayama (to restrain or control the prana, implying a set of breathing techniques where the breath is intentionally altered in order to produce ... Yoga breathing exercises, also known as pranayama, are an important part of a developing yoga practice. Pranayama is one of the Eight Limbs of Yoga referenced by The Yoga Sutras of Patanjali, which means that it was considered an integral step on the path to enlightenment. In addition to supporting and deepening your yoga asana practice, learning ways to calm or invigorate the body through ...