

2013 Golden Jubilee edition

BIHAR YOGA[®]

CONVERSATIONS ON THE SCIENCE OF YOGA

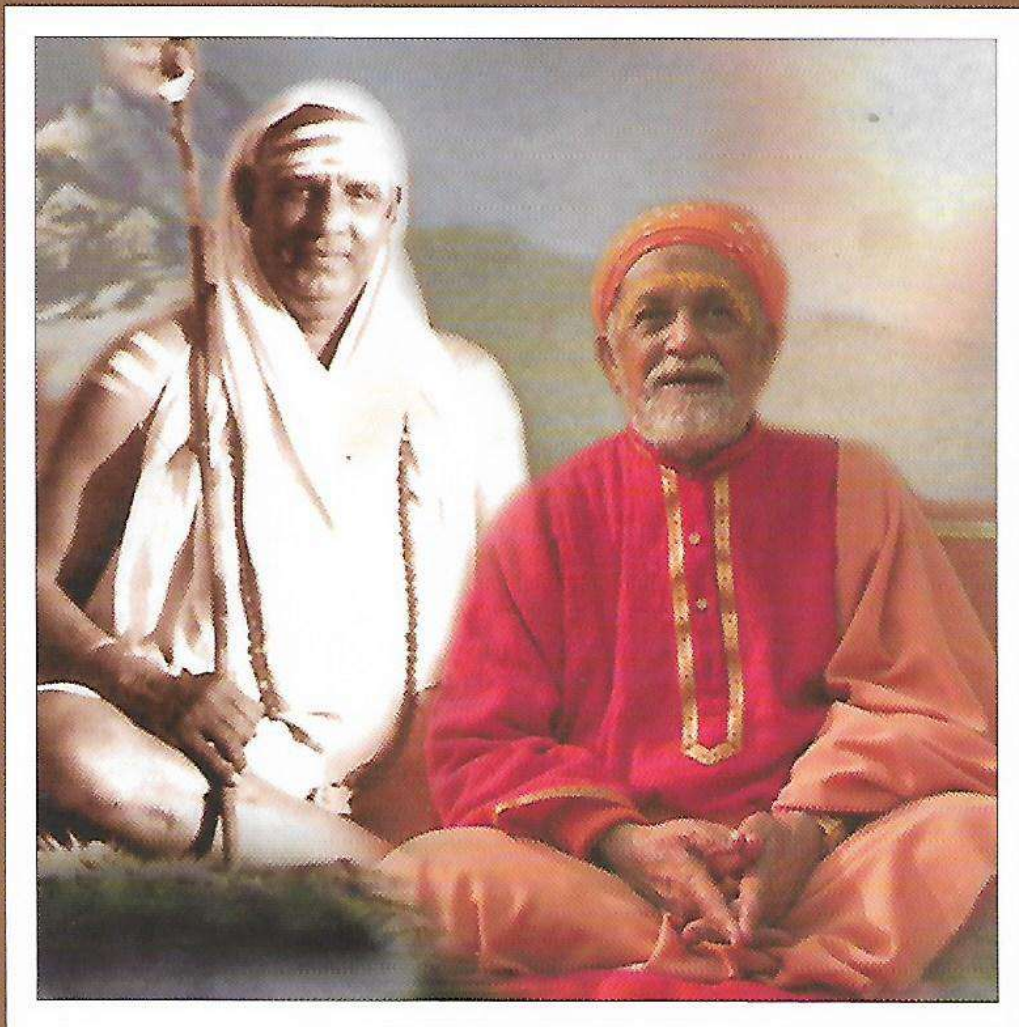
Hatha Yoga Book 5

PRANAYAMA

*From the teachings of
two great luminaries of the 20th century*

Sri Swami Sivananda Saraswati

Sri Swami Satyananda Saraswati

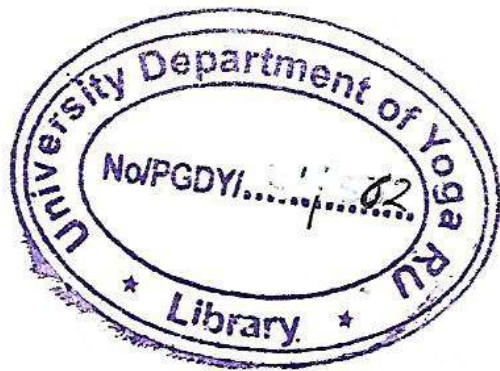


Yoga Publications Trust, Munger, Bihar, India



Hatha Yoga Book 5

PRANAYAMA



01/18

BIHAR SCHOOL OF YOGA



1963-2013

GOLDEN JUBILEE

WORLD YOGA CONVENTION 2013
GANGA DARSHAN, MUNGER, BIHAR, INDIA
23rd-27th October 2013

Contents

Preface	<i>ix</i>
Introduction	1
1. Understanding Pranayama	7
2. Breath	37
3. Benefits and Effects of Pranayama	60
4. Pranayama Sadhana	88
5. Preliminary Breathing Practices	132
6. Nadi Shodhana: Purification of the Nadis	140
7. Tranquillizing Pranayamas	161
8. Vitalizing Pranayamas	184
9. Advanced Pranayamas	213
10. Pranayama in Spiritual Life	244
Appendices	
A: Index of Questions	267
B: Index of Scriptural Quotes	285
Glossary	306
General Index	327

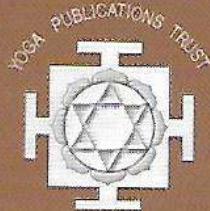


SATYANANDA YOGA
BIHAR YOGA

Conversations on the Science of Yoga is an encyclopaedic series presenting the vast, timeless culture of yoga topic by topic through the voice of three generations of masters – Swami Sivananda Saraswati, Swami Satyananda Saraswati and Swami Niranjanananda Saraswati. The teachings are given in question and answer format with the inclusion of verses from the scriptures, connecting the modern experience with the classical tradition.

Breathing keeps one alive from moment to moment, influencing the body and mind. Recognizing the importance of the breath, hatha yoga developed and refined the practices of pranayama, a unique system of techniques which use the breath as a tool to balance and expand the body's subtle energy, known as prana. The discussions in *Pranayama* cover a vast body of knowledge on the subject, from the basics of correct breathing commonly taught in yoga schools today, to advanced practices from the classical tradition.

Through the wisdom of these masters, a complete understanding of hatha yoga and a vision for its application in the modern era is interpreted for yoga aspirants around the world.



ISBN : 978-93-81620-75-5

