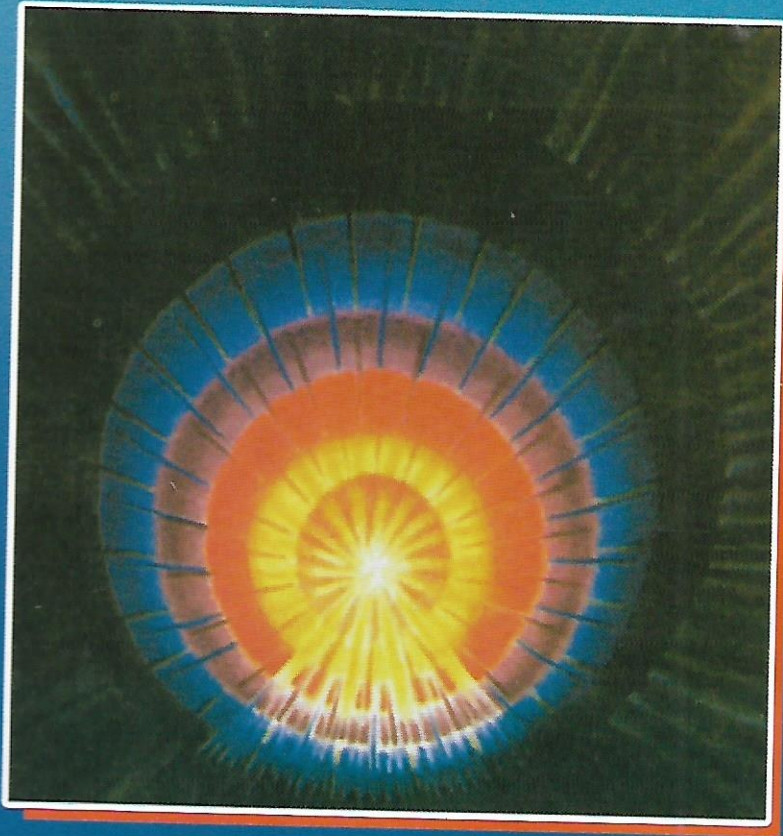


# PRĀṆĀYĀMA

The Art and Science

Dr H R Nagendra



SWAMI VIVEKANANDA YOGA PRAKASHANA

Bangalore

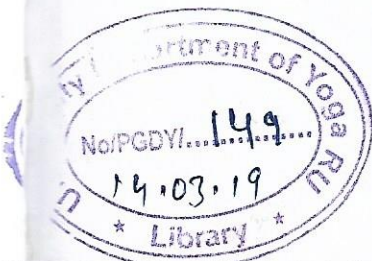
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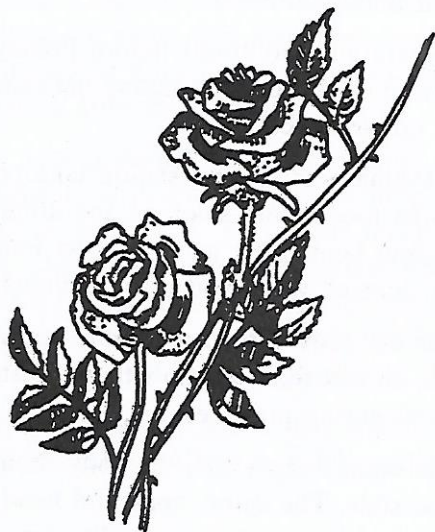
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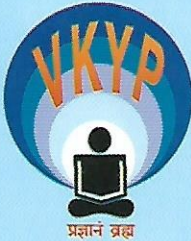
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To be in tune with the spirit of inquiry of this age of science and technology many titles have been published on Yoga under the banner of Vivekananda Kendra Yoga Research Foundation. As a part of the entire Vivekananda Kendra Yoga Prakashana (VKYP) Trust to print and publish many more titles for dissemination and spread the wisdom of ancients. To make available the beneficial knowledge of the Seers, Rishis and Yogis our humble presentation of Prāṇāyāma — 'The Art and Science' is now made available to the people in general and Sadhakas in particular *Sarvajanahitāya and Sarvajana Sukhāya* to reap the fruits of it.

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