



The Hindu-Yogi Science of Breath (Paperback)

By Yogi Ramacharaka

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Hindu-Yogi Science Of Breath by Yogi Ramacharaka. Exercise I (1) Stand erect with hands at sides. (2) Inhale Complete Breath. (3) Raise the arms slowly, keeping them rigid until the hands touch over head. (4) Retain the breath a few minutes with hands over head. (5) Lower hands slowly to sides, exhaling slowly at same time. (6) Practice Cleansing Breath. EXERCISE II (1) Stand erect, with arms straight In front of you. (2) Inhale Complete Breath and retain. (3) Swing arms back as far as they will go; then back to first position; then repeat several times, returning the breath all the while. (4) Exhale vigorously through mouth. (5) Practice Cleansing Breath. EXERCISE III (1) Stand erect with arms straight In front of you, (2) Inhale Complete Breath. (3) Swing arms around in a circle, backward, a few times. Then reverse a few times, retaining the breath all the while. You may vary this by rotating them alternately like the sails of a windmill. (4) Exhale the breath vigorously through the mouth. (5) Practice Cleansing Breath. EXERCISE...



READ ONLINE
[3.46 MB]

Reviews

This publication is very gripping and exciting. Better then never, though i am quite late in start reading this one. I am very happy to inform you that here is the finest pdf i actually have read inside my very own daily life and could be he greatest publication for actually.

-- **Dayana Aufderhar**

A whole new e-book with an all new viewpoint. I could possibly comprehended every little thing using this created e pdf. I am just very happy to inform you that this is the greatest book i have read through within my own life and could be he best pdf for ever.

-- **Hank Treutel**