



THE HINDU-YOGI Science of Breath

William Walker Atkinson, Yogi Ramacharaka

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THE HINDU-YOGI Science of Breath - is an in-depth guide to breath and various techniques you can use to explore different aspects of mind and body. It is an excellent guide to mind, body and consciousness and when applied can help enhance a persons spiritual practice and yoga routine. This work is in-depth, well written and covers all you need to know about breath and how it relates to mind, body and consciousness on a spiritual level from the perspective of ancient India and the Yogi masters.

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