



Science of Breath

By Yogi Ramacharaka

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In 1903, Science of Breath introduced Americans to yoga. Throughout this work, Western biology is mixed with Indian spiritual practices to show readers how to breathe better and improve their lives. Yoga can increase focus, decrease stress, and bring the practitioner greater awareness. Anyone interested in yoga will find this helpful guide a great way to start their practice.--This text refers to an alternate edition.



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Reviews

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