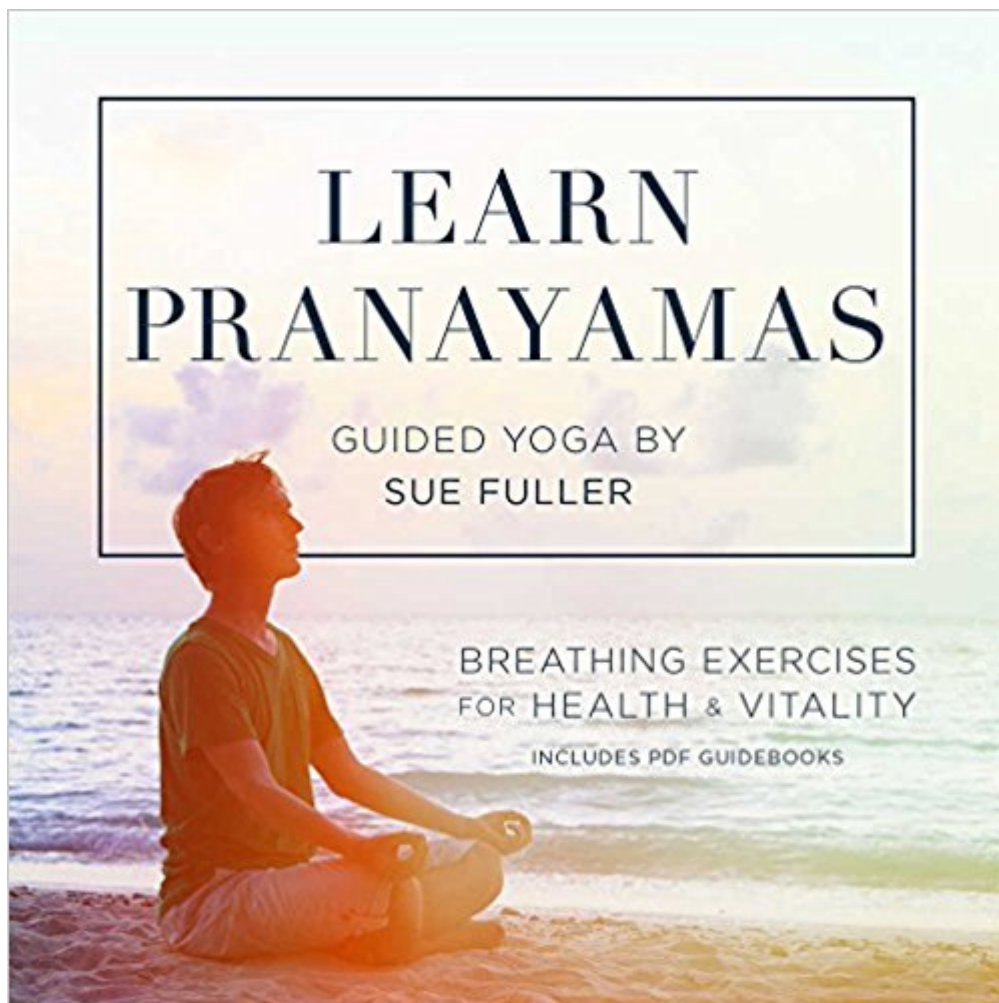


The book was found

Learn Pranayamas : Breathing Exercises For Health And Vitality



Synopsis

[Guided yoga by Sue Fuller]Pranayamas are breathing techniques taught in yoga to increase and expand the vital life force (prana or qi) within the body. Regular breathing exercises can help reduce stress and tension, clear and focus the mind, and increase overall health and vitality. Pranayamas are easy to do and can be performed at a time and place that is most convenient for you. The audio classes in this series -- Pranayamas for Beginners, Pranayamas & Mudras Vol. 1, and Pranayamas & Mudras Vol. 2 -- naturally progress from each other. Once you are familiar with all three classes, rotate the sessions regularly to add variety to your practice. Please note: The techniques used in this class are not suitable for people with high blood pressure or women who are pregnant. Do not listen to this audio while driving.

Book Information

Audio CD: 1 pages

Publisher: Yoga2Hear and Blackstone Audio; Audio Class edition (October 1, 2016)

Language: English

ISBN-10: 1504789415

ISBN-13: 978-1504789417

Product Dimensions: 5.2 x 0.8 x 5.7 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,297,438 in Books (See Top 100 in Books) #115 in Books > Books on CD > Health, Mind & Body > Fitness #588 in Books > Books on CD > Health, Mind & Body > General #2786 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

Sue Fuller is a leading teacher of both Hatha and Sivananda yoga. She is a fully qualified vegetarian and vegan nutritional therapist and has extensively researched yoga and yoga-related topics linked to her teaching, writing, and presenting. She has taught yoga, lead workshops, and held teacher training courses in many countries since 1995.

[Download to continue reading...](#)

Learn Pranayamas : Breathing Exercises for Health and Vitality Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) The Breathing

Book: Good Health and Vitality Through Essential Breath Work Breathing: A Beginner's Guide to Increased Health and Vitality Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Breathing: Breathing Techniques: For Happiness and Healthy Living (For Anxiety, Stress, Energy, Focus, Depression) Breathing Free: The 5-day Breathing Programme That Can Change Your Life Barely Breathing (The Breathing Series, Book 2) Taoist Breathing for Tai Chi and Meditation: Twenty-Four Exercises to Reduce Stress, Build Mental Stamina, and Improve Your Health Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Yoga Beats Asthma: Simple exercises and breathing techniques to relieve asthma and respiratory disorders Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy, and Endurance Natural Healing: The Total Health and Nutritional Program Reprogram Your Body to Fight Disease, Combat Aging, Gain Renewed Health and Vitality Juicing for Health: 81 Juicing Recipes and 76 Ingredients Proven to Improve Health and Vitality Rosemary Gladstar's Herbal Healing for Men: Remedies and Recipes for Circulation Support, Heart Health, Vitality, Prostate Health, Anxiety Relief, Longevity, Virility, Energy & Endurance Testosterone for Life: Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health (All Other Health) How trace element selenium affects men's health: Discover how selenium can affect: prostate problems, eczema problems, asthma breathing, and 9 other health problems Kegel Exercises for Men: PC Muscle Exercises to Improve Sexual Health & Performance Breathe to Heal: Break Free From Asthma (Learn Buteyko) (Breathing Normalization)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)