



Science of Breath: A Philosophy of Physical, Mental, Psychic and Spiritual Development

By Yogi Ramacharaka

Createspace, United States, 2012. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.For over 100 years western students have been aided by the teachings of Yogi Ramacharaka. This collector-quality edition includes the complete text of this enduring classic in a freshly edited and newly typeset edition. With a generous 5 x8 page size, this Summit Classic edition is printed on heavyweight bright white paper with a fully laminated cover featuring an original full color design. Whether as an introduction for beginners or a self-study guide for more advanced students, the simple, straightforward style of the lessons belies the depth of the wisdom contained in the text. Science of Breath is a complete manual of the techniques of attaining physical, mental, psychic and spiritual development through breathing. Presented as a course of lessons in practical instruction, the text guides the reader with both a discussion of the underlying philosophy and physiology and a series of step-by-step exercises. Generations of students have found the study of this text and the practice of its teachings to be a valuable step in the attainment of wisdom, awareness, and improved health of mind, body and...

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