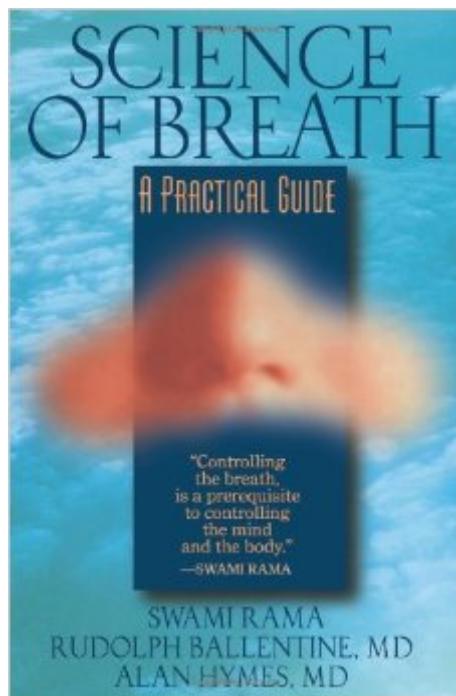


The book was found

Science Of Breath



Synopsis

Describes the anatomy and physiology of breathing, as well as the subtle yogic science of prana.

Book Information

Paperback: 119 pages

Publisher: Himalayan Institute Press (January 25, 2007)

Language: English

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Product Dimensions: 5.7 x 0.4 x 8.6 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (44 customer reviews)

Best Sellers Rank: #53,303 in Books (See Top 100 in Books) #72 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #199 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

This is an excellent beginning book on breathing for anyone who is interested in yoga. It covers the importance of breathing, basic respiratory physiology and the relationship between science and yoga. The authors of this book are credible and have excellent professional credentials and established practices. They are associated with the Himalayan Institute in Honesdale, PA that has a long standing commitment to getting science, modern psychology and yoga together. Many of their publications are excellent and certainly this one is as well. I think any yoga practitioner at any level will benefit from this book and even very experienced people will learn a lot. As the title suggests, this book focuses on the practical aspects of breathing and provides a good foundation or launching point for moving on to pranayama practice. However, the value add is the tie in to modern science. As part of my living, I do workshops on such topics as meditation, pranayama and biofeedback, loving-kindness practices and other topics that integrate East and West. Before becoming involved in psychology and spirituality, I was both a research scientist and Teaching Fellow in Physiology. While I am not an expert at respiratory physiology or a top pranayama practitioner, I have an established yoga practice and enough expertise to judge the merit of this book. If you are serious about the breath and especially about pranayama, I would pick up "Light on Pranayama" by B.K.S. Iyengar. This book is very comprehensive and covers the physiology of the various breathing practices in great depth. If you are looking at breathing for relaxation, you may also

want to consider some of the meditation resources listed on my listmania lists.

. . . if not THE best, about certain so-called yoga issues, made useful for even the most skeptical of westerners.I keep it on my shelf, along with Emma Curtis Hopkins' "High Mysticism," and "Christian Science Mental Practice." She was a great believer in the arts of breathing, and has much to offer on this, especially in the High Mysticism volume.I can't speak for this edition, but assuming it still has the basic contents of the older small hardcover edition, whatever additions it may have, it would still be incredibly useful.It is also incredibly pleasant to read. I used to own a copy, benefitted from it, for some reason got rid of it, and then repurchased one a few weeks ago. Last night I turned to it, started reading it, and was reminded what an excellent and useful little volume it was. I practised some of the exercises, and my enthusiasm for these techniques was renewed. I read myself to sleep on it. In short, I love this little book, and wish everyone would own a copy, study, and practice it.I first came to Ramacharaka's Breath book, as a recommendation from an Israel Regardie book. Regardie was a chiropractic who used rhythmic breathing, and relaxation techniques with his patients. Much of Regardie's writing is replete with useful info. on that score (see his 'The Art of True Healing,'for example.) Many of Regardie's useful books are out of print, however, making Ramacharaka and Co's. 'Science of Breath' book even more essential....but don't stop there ...In addition to 'Science of Breath,' might I recommend that the curious reader, looking to enrich and bolster his/her health, check out an excellent, if more recent, book by Thomas Cleary: 'Taoist Meditation.

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