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pranayama is
derived from the
sanskrit terms
prana and ayama
translating to
breath and
expansion yogic
breathing exercises
can help you control
your life force also
known as the prana
pranayama is a
deep breathing
exercise that dates
back to thousands
of years and comes
from indian yogic
traditions

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prāṇāyāma is a
sanskrit compound

it is defined
variously by
different authors
macdonell gives the
etymology as prana
prāṇa breath āyāma
and defines it as the
suspension of
breath 1 monier
williams defined
pranayama in terms
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kumbhaka breath
retention 2

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the word
pranayama is a
combination of
prana and ayama
which translates as
to extend expand or
draw out some also
say that the word is
the combination of
prana and yama or
control with either
translation you
arrive at the same
concept pranayama

is a practice that
involves the
management or
control of the
breath
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pranayama the
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life force* - Dec 13
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prana the
atharvaveda an
early vedic text
states that prana is
the fundamental
basis of whatever is
was and will be
other texts also
translate prana as
the life force or vital
energy yama yama
is often translated
as restraint or
control ayama
ayama means
extension or
stretching
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usually associated

with consciousness
and with his work
also prana is
associated with
breathing but prana
means vital energy
and it especially
manifests

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tend to translate it
in english as a
breathing technique
or a breathing
exercise which it is
not

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means expansion of
the vital force or the
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the classical yogic
practices of
pranayama have
been known in india
for over 4 000 years
the bhagavad gita 4
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means life energy
and yama means
control the practice
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involves breathing
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undertaken on
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a spiritual

perspective when we practice pranayama the veil of ignorance that covers the inner light is removed the stages of pranayama the four discernable stages of pranayama are inhalation [defining pranayama breath and prana ekhart yoga](#) - Sep 22 2023 web pranayama is often neatly divided into two words prana yama prana meaning life force or energy source and yama as we ve learned already from the yamas week of our eight limbs of yoga

program meaning control or restraint *pranayama breathing techniques and tips yoga basics* - Jun 19 2023 web prana is taken in through the air we breathe and since the pranayama exercises increase the amount of air we take in they also increase our intake of prana for all pranayama except kapalabhati the breath is slow and steady breathed in and out of the nose and down into the belly

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