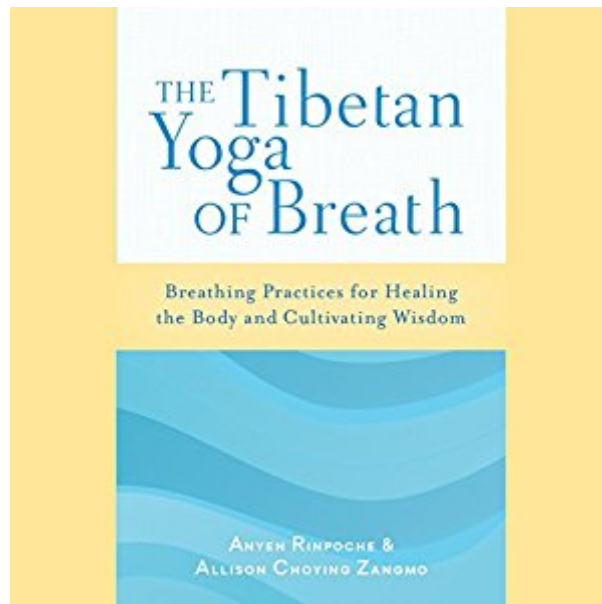


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# The Tibetan Yoga Of Breath: Breathing Practices For Healing The Body And Cultivating Wisdom



## Synopsis

Modern science and classic spiritual traditions agree: regulating the breath leads to radiance and wellness of body, mind, and spirit. With the simple teachings and cutting-edge research offered in *The Tibetan Yoga of Breath*, you can start thriving just by integrating breathwork into your daily practice. Basic Yantra Yoga techniques - also called wind energy training - are the key to achieving this kind of vitality, down to the cellular level. Anyen Rinpoche and Allison Choying Zangmo skillfully examine the teachings of Yantra Yoga and Buddhism through the lens of Western medical science. Their wise and accessible instruction reveals practices that are nourishing and transformative, delivering dramatic results - no experience with yoga or Buddhist meditation necessary.

## Book Information

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## Customer Reviews

At first glance one might say, "Oh No. Not another book on pranayama." There seems to be a plethora of books of such books on yoga and breathing, the last thing we need is another one. This book, however, *The Tibetan Yoga of Breath*, has much to offer. Even to the seasoned yoga practitioner, will learn something new with the discussions and techniques described in this book. Part I consists of a general discussion of the Tibetan Buddhism, breath and the challenges of modern life. There is a close, complementary, relationship between the yogic practices of Tibetan Buddhism and Hatha Yoga. The specific pranayama practices of Tibetan Buddhism and Hatha Yoga are substantially similar, and the reader will readily see the similarity while reading the pages

of this book. But while the virtue of Hatha Yoga is in identifying and perfecting these breathing practices, the Tibetan yoga of breathing shows how these practices can be applied to the practitioner's personal life, with the goal of releasing the chains of attachment and ultimate liberation. Hatha Yoga draws the map and Tibetan Buddhism connect the dots. The great virtue of The Tibetan Yoga of Breath is the application of these breathing practices to great psychological maladies of our world. The authors emphasize these applications by taking a cognitive psychological approach. They address problems of depression, anxiety, and stress. The person is viewed as a holistic connection between the mind and the heart, and contemporary maladies are the disruptions that lie between. Part II consists of guided meditations that repair these disruptions with the controlled inhalation and exhalation of breath. The authors present mantras the practitioner mentally recites during the process of inhalation and exhalation.

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