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5+ 63975 Straight Ups in Central and Southern FontainebleauCincinnati Magazine
"Spinal Breathing Pranayama" is one of the most important practices in all of yoga, producing positive effects in our health, wellbeing, and every aspect of our daily living. Moreover, this simple daily practice purifies and opens us to our ecstatic inner realms, taking us on an exciting journey to Inner Space. The consequences of this journey are as practical as they are profound. This book provides easy-to-read instructions for beginning and continuing with the practice of "Spinal Breathing Pranayama," addressing in a surprising degree of detail the many experiences and questions that can come up. Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices - Easy Lessons for Ecstatic Living (two comprehensive user-friendly textbooks), and The Secrets of Wilder, a powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. "Spinal Breathing Pranayama" is the second book in the series. The first is "Deep Meditation - Pathway to Personal Freedom."
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Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture and giving readers a ringside seat on the issues shaping the region.
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