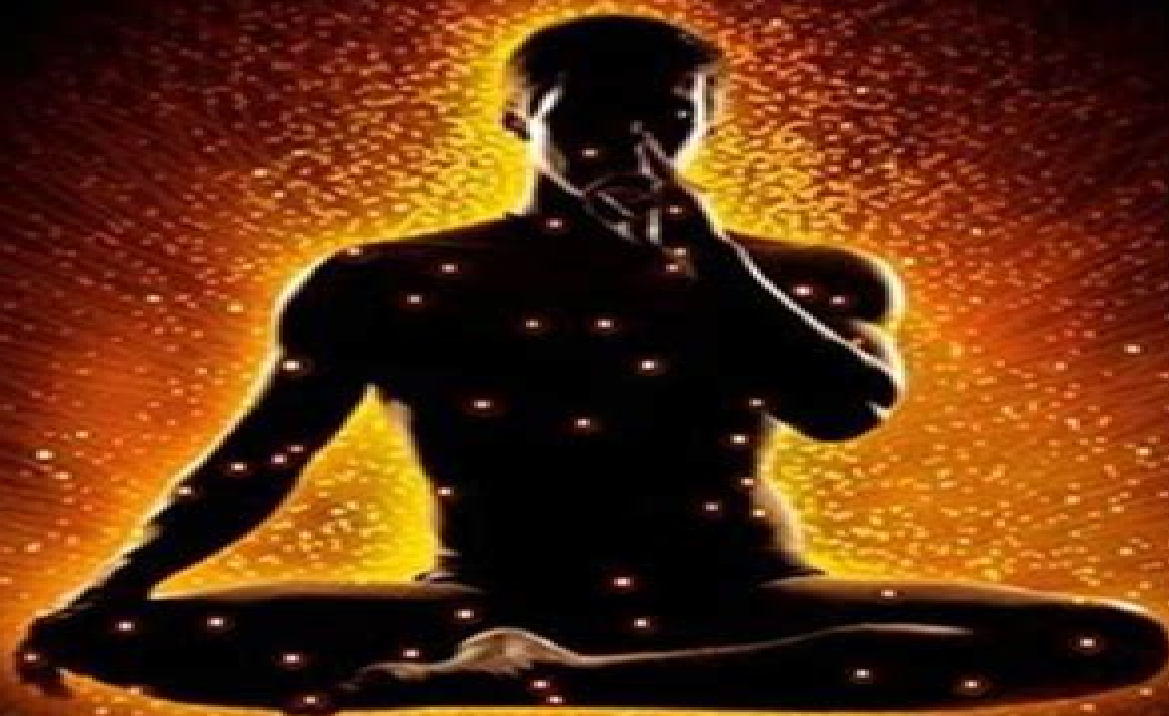


LA SCIENZA DEL PRANAYAMA



SRI SWAMI SIVANANDA

Ciencia De Pranayama La Swami Sivananda Ela

Swami Sivananda



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Ciencia del Pranayama Swami Sivananda, Giordano Bruno, 1975 Ciencia del pranayama Swami Sivananda, 1956

Ciencia del Pranayama Sri Swami Sivananda, 1983 **The Science of Pranayama** Sri Swami Sivananda, 2017-12-05

Sivananda Saraswati or Swami Sivananda 8 September 1887 14 July 1963 was a Hindu spiritual teacher and a proponent of Yoga and Vedanta Sivananda was born Kuppuswami in Pattamadai in the Tirunelveli district of Tamil Nadu He studied medicine and served in British Malaya as a physician for several years before taking up monasticism He lived most of his life near Muni Ki Reti Rishikesh He was the founder of the Divine Life Society DLS in 1936 Yoga Vedanta Forest Academy 1948 He established Sivananda Ashram the headquarters of the DLS on the bank of the Ganges at Sivanandanagar *The Science of Pranayama* Swami Sivananda, 2017-12-12

LARGE ILLUSTRATIONS From the Introduction Pranayama occupies a very important place in Indian religion Every Brahmachari and every Grihastha also has to practise it three times every day morning noon and evening in his daily worship during Sandhya It precedes every religious practice of the Hindus Before he eats before he drinks before he resolves to do anything Pranayama should be performed first and then the nature of his determination should be clearly enunciated and placed before the mind The facts of its preceding every effort of the will is a surety that that effort will be crowned with success and the mind will be directed to bring about the desired result Sivananda Saraswati or Swami Sivananda 8 September 1887 14 July 1963 was a Hindu spiritual teacher and a proponent of Yoga and Vedanta Sivananda was born Kuppuswami in Pattamadai in the Tirunelveli district of Tamil Nadu He studied medicine and served in British Malaya as a physician for several years before taking up monasticism He lived most of his life near Muni Ki Reti Rishikesh He was the founder of the Divine Life Society DLS in 1936 Yoga Vedanta Forest Academy 1948 He established Sivananda Ashram the headquarters of the DLS on the bank of the Ganges at Sivanandanagar **The Science of Pranayama** Sri Swami Sivananda, 2017-03-27

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