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Introduction. The Sanskrit word pranayama (also known as pranayam) is translated as “the science of breath” in some circles, and in others it has a broader

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Pranayama is the most important Hatha Yoga practice because it not only cleanses and balances the body and

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Swami Purnachaitanya explains what Pranayama is, how it affects the body and mind, and how different

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NOTES. Pranayama is said to be the union of Prana and Apana. For detailed information and different exercises, refer to my book Science of Pranayama. 2.

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