



Prana Pranayama Prana Vidya

Niranananda Swami, Swami Niranananda Saraswati

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Prana Pranayama Prana Vidya Niranjanananda Swami, Swami Niranjanananda Saraswati

This is an informative text on prana featuring the classic practices taught by Bihar School Of Yoga. Through the techniques of pranayama and prana vidya, the vital force within the mind and body can be activated, regulated and increased. This Book discusses the theory of prana and presents a systematic account of the pranayama practices, including instructions and illustrations and the different stages of prana vidya and other forms of psychic healing.

This Edition includes the original prana vidya practice as taught by Swami Satyananda.

Suitable for intermediate to advanced practitioners.

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