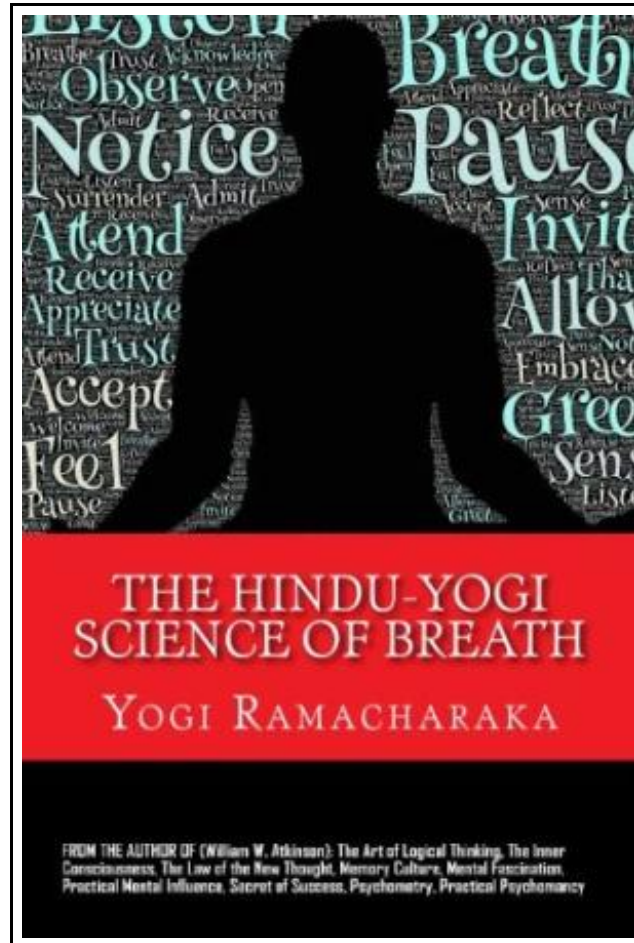


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Hindu-Yogi Science Of Breath by Yogi Ramacharaka. Exercise I (1) Stand erect with hands at sides. (2) Inhale Complete Breath. (3) Raise the arms slowly, keeping them rigid until the hands touch over head. (4) Retain the breath a few minutes with hands over head. (5) Lower hands slowly to sides, exhaling slowly at same time. (6) Practice Cleansing Breath. EXERCISE II (1) Stand erect, with arms straight In front of you. (2) Inhale Complete Breath and retain. (3) Swing arms back as far as they will go; then back to first position; then repeat several times, returning the breath all the while. (4) Exhale vigorously through mouth. (5) Practice Cleansing Breath. EXERCISE III (1) Stand erect with arms straight In front of you, (2) Inhale Complete Breath. (3) Swing arms around in a circle, backward, a few times. Then reverse a few times, retaining the breath all the while. You may vary this by rotating them alternately like the sails of a windmill. (4) Exhale the breath vigorously through the mouth. (5) Practice Cleansing Breath. EXERCISE IV (1) Lie on the floor with your face downward and palms of hands flat upon the floor by your sides. (2) Inhale Complete Breath and retain. (3) Stiffen the body and raise yourself up by the strength of your arms until you rest on your hands and toes (4) Then lower yourself to original position. Repeat several times. (5) Exhale vigorously through your mouth. (6) Practice Cleansing Breath. EXERCISE V. (1) Stand erect with your palms against the wall. (2) Inhale Complete Breath and retain. (3) Lower the chest to the wall, resting your weight on your hands. (4)...



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