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El Pranayama es una ciencia exacta que te acerca a la comprensión de cómo se transmite la energía. Respirar conscientemente te permite vivir el presente llenándolo de plenitud. El Pranayama, según Swami Sivananda, ocupa un lugar muy importante en la práctica del Yoga y de la meditación.

Pranayama - AbeBooks

The science Of Pranayama. by Sri Swami Sivananda | 2 Jul 2008. 4.2 out of 5 stars 45. Paperback ... Sri Swami Sivananda, et al. | 26 Oct 2011. 5.0 out of 5 stars 1. ... La Scienza del Pranayama. by Sri Swami Swami Sivananda | 25 Jun 2019. Paperback £11.99 ...

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