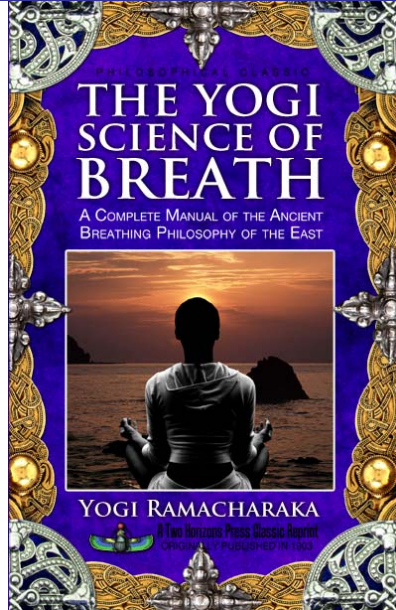


# THE YOGI SCIENCE OF BREATH

## A COMPLETE MANUAL OF THE ANCIENT PHILOSOPHY OF THE EAST



*A concise guide to the esoteric and practical science of breathing.*

**AUTHOR:** Yogi Ramacharaka  
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*"To breathe is to live, and without breath there is no life. Not only are the higher animals dependent upon breath for life and health, but even the lower forms of animal life must breathe to live, and plant life is likewise dependent upon the air for continued existence." –Yogi Ramacharaka*

### ABOUT THE BOOK

Yogi Ramacharaka's 1903 text *The Hindu-Yogi Science of Breath: A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic, and Spiritual Development* discusses both Western and Eastern breathing philosophies in plain English. These Teachings come from adepts and yogis, but Ramacharaka's fluid writing caters to the layman.

This empowering work helps readers to understand the power of this everyday – and often ignored – practice. The classic guide covers everything from the esoteric theories of breath to the emotional, mental, physiological, psychic, and spiritual aspects of breathing, along with exercises to develop them.

Ramacharaka's ideas merit attention – even today – not because they are a "secret science," but because so many of them work.. Among many musicians, swimmers, martial artists, fitness gurus, yoga practitioners, endurance runners, and holistic healers, *The Yogi Science of Breath* is considered an indispensable reference guide and tool.

- ▶ Exotic and esoteric theories of breath.
- ▶ Nostril versus mouth breathing.
- ▶ Seven Yogi developing exercises.
- ▶ The Four Methods of Respiration.
- ▶ Yogi spiritual breathing.
- ▶ Yogi Ramacharaka Revealed.

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