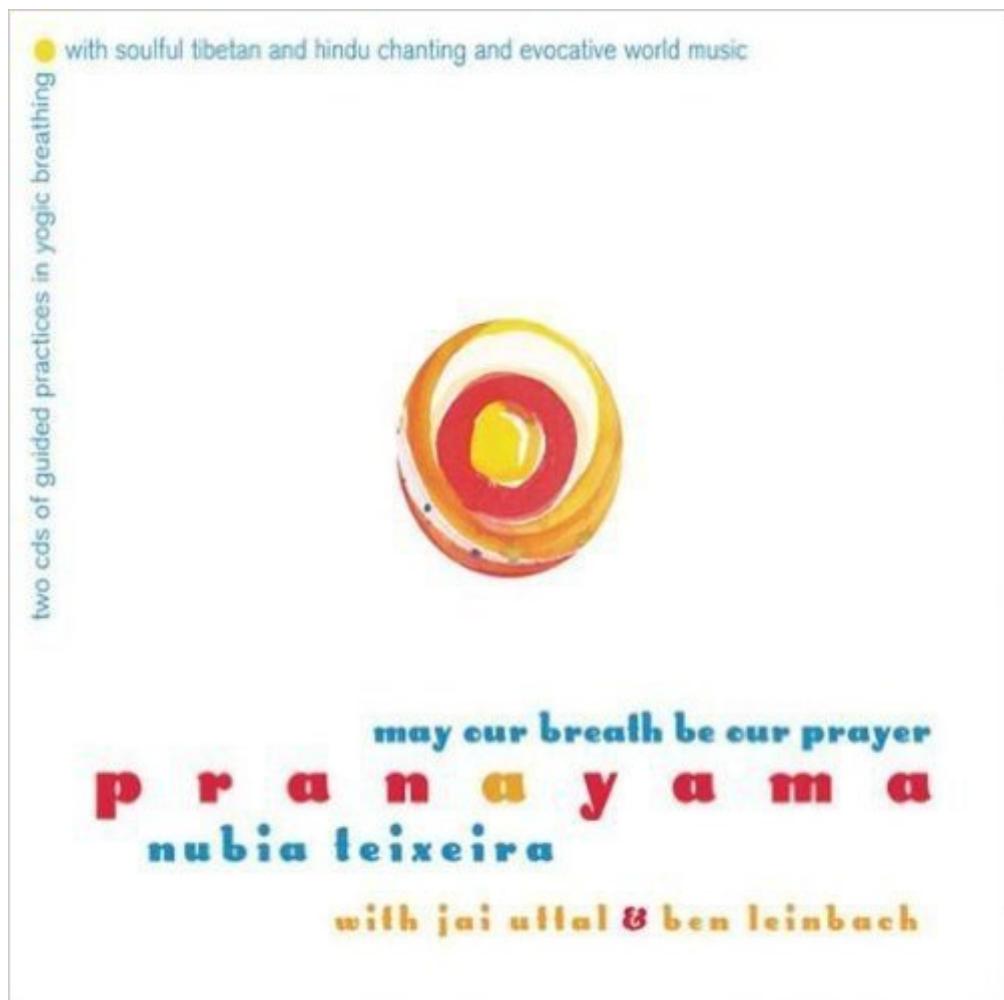


The book was found

Pranayama: May Our Breath Be Our Prayer



Synopsis

Prana, the vital energy present in the air that we breathe, links our inner and outer environments and connects us with all beings and all nature. The volume and quality of prana that circulates within our bodies determines the level of our vitality, and this internal reserve of energy can be increased and purified by pranayama, or conscious breathing. On Pranayama, Nubia Teixeira will guide you through a restorative practice interweaving these breathing techniques with open-hearted-meditation, visualization, and singing. Nubia is joined by celebrated world music artist Jai Uttal and his longtime collaborator Ben Leinbach, who provide a vibrant new soundscape of progressive world music to enhance your pranayama practice.

Book Information

Audio CD

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Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (5 customer reviews)

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Customer Reviews

Excellent CD!!! I lost mine one time and absolutely had to replace it. This CD gets to the heart of the matter. Not a lot of talk, just pure guided practice. You will note a difference in your breathing right after the first technique. It's very powerful in many ways; physically, emotionally and spiritually. The breathing exercises bring an innate awareness to one addressing all levels of one's being. With regards to production, the sound quality is superb. This is important to me because generally your eyes are closed during pranayama so you want the sound to be clear and smooth, and this is. This CD is a keeper. I give it a 10!

I love it! It is easy to follow even for a beginner who is new to pranayama. It is so relaxing to listen to

at bed time even if you are not actually practicing it. I recommend this to anyone who wants to learn pranayama and don't know where to begin.

GREAT TO RELAX WITH upon going to sleep !!!! EASY BREATHING techniques to breath along with. There were 2 CDs in the product item !!!!

The authors are so caught up in their own enlightenment they forget that their audience is beginners. Perhaps it gets better later on, but I couldn't get past the first 15 minutes of new age music and whatnot.

I often use this CD, especially the exercises from the 1st disc. The instruction is really easy to follow, and it's a great way to deepen your practice of pranayama. I can't recommend this volume enough. If you're new to pranayama, I really recommend starting with her nadi shodhana practice. Most days I just choose one track to practice with, depending on my mood.

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