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**Michael Rajnik**



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web pranayama is often neatly divided into two words prana yama prana meaning life force or energy source and yama as we

ve learned already from the yamas week of our eight limbs of yoga program meaning control or restraint

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web prana is taken in through the air we breathe and since the pranayama exercises increase the amount of air we take in they also increase our intake of prana for all pranayama except kapalabhati the breath is slow and steady breathed in and out of the nose and down into the belly