



The Hindu-Yogi Science of Breath

YOGI RAMACHARAKA

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"The Hindu-Yogi Science of Breath" is a manual on the science of controlling your breathing by Yogi Ramacharaka. Lessons and exercises can be found in the following chapters: Salaam, "Breath is Life.", The Exoteric Theory of Breath, The Esoteric Theory of Breath, The Nervous System, Nostril vs. Mouth-Breathing, The Four Methods of Respiration, The Yogi Complete Breath, Physiological Effect of Complete Breath, A Few Bits of Yogi Lore, The Seven Yogi Developing Exercises, Seven Minor Yogi Exercises, Vibration and Yogi Rhythmic Breathing, Phenomena of Yogi Psychic Breathing, More Phenomena of Yogi Psychic Breathing, and Yogi Spiritual Breathing.

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