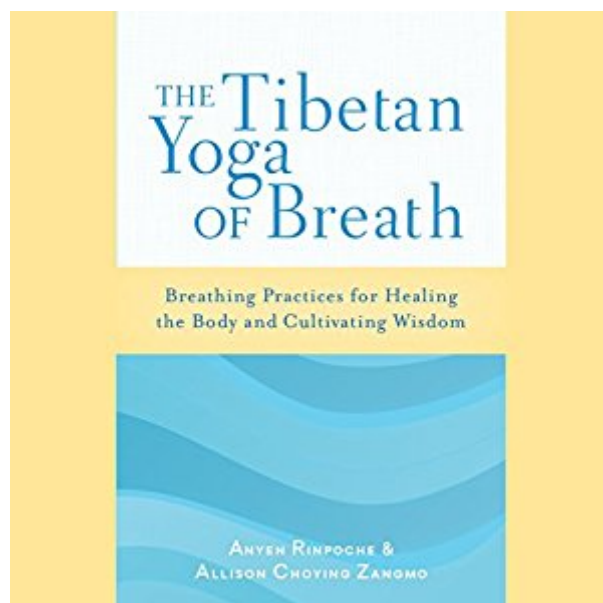


The book was found

The Tibetan Yoga Of Breath: Breathing Practices For Healing The Body And Cultivating Wisdom



Synopsis

Modern science and classic spiritual traditions agree: regulating the breath leads to radiance and wellness of body, mind, and spirit. With the simple teachings and cutting-edge research offered in *The Tibetan Yoga of Breath*, you can start thriving just by integrating breathwork into your daily practice. Basic Yantra Yoga techniques - also called wind energy training - are the key to achieving this kind of vitality, down to the cellular level. Anyen Rinpoche and Allison Choying Zangmo skillfully examine the teachings of Yantra Yoga and Buddhism through the lens of Western medical science. Their wise and accessible instruction reveals practices that are nourishing and transformative, delivering dramatic results - no experience with yoga or Buddhist meditation necessary.

Book Information

Audible Audio Edition

Listening Length: 4 hours and 37 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: December 9, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00NT5Q7P0

Best Sellers Rank: #90 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #242 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #446 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan

Customer Reviews

At first glance one might say, "Oh No. Not another book on pranayama." There seems to be a plethora of books of such books on yoga and breathing, the last thing we need is another one. This book, however, *The Tibetan Yoga of Breath*, has much to offer. Even to the seasoned yoga practitioner, will learn something new with the discussions and techniques described in this book. Part I consists of a general discussion of the Tibetan Buddhism, breath and the challenges of modern life. There is a close, complementary, relationship between the yogic practices of Tibetan Buddhism and Hatha Yoga. The specific pranayama practices of Tibetan Buddhism and Hatha Yoga are substantially similar, and the reader will readily see the similarity while reading the pages

of this book. But while the virtue of Hatha Yoga is in identifying and perfecting these breathing practices, the Tibetan yoga of breathing shows how these practices can be applied to the practitioner's personal life, with the goal of releasing the chains of attachment and ultimate liberation. Hatha Yoga draws the map and Tibetan Buddhism connect the dots. The great virtue of The Tibetan Yoga of Breath is the application of these breathing practices to great psychological maladies of our world. The authors emphasize these applications by taking a cognitive psychological approach. They address problems of depression, anxiety, and stress. The person is viewed as a holistic connection between the mind and the heart, and contemporary maladies are the disruptions that lie between. Part II consists of guided meditations that repair these disruptions with the controlled inhalation and exhalation of breath. The authors present mantras the practitioner mentally recites during the process of inhalation and exhalation.

[Download to continue reading...](#)

The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom
Translating Buddhism from Tibetan: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan
Tibetan Sound Healing: Seven Guided Practices to Clear Obstacles, Cultivate Positive Qualities, and Uncover Your Inherent Wisdom
Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics)
A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing
Breath by Breath: The Liberating Practice of Insight Meditation (Shambhala Classics)
Breath By Breath: The Liberating Practice of Insight Meditation
Cultivating Edible Fungi: International Symposium on Scientific and Technical Aspects of Cultivating Edible Fungi (Developments in Crop Science)
Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga
Mindfulness Meditation: Cultivating the Wisdom of Your Body and Mind
The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics)
Yoga Breathing: Guided Instructions on the Art of Pranayama
Meditating with the Body: Six Tibetan Buddhist Meditations for Touching Enlightenment with the Body
Mussar Yoga: Blending an Ancient Jewish Spiritual Practice with Yoga to Transform Body and Soul
Breathing: The Master Key to Self Healing
The Seven Spiritual Laws of Yoga: A Practical Guide to Healing Body, Mind, and Spirit
Native American Healing Meditations: Guided Practices to Invoke the Spirit of Healing
Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy!
Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past
Healing Scriptures: 300 Healing Bible

Verses on the Proven Healing Promises from God's Word

[Dmca](#)