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vital force or the control of prana a millenarian science the classical yogic practices of pranayama have been known in india for over 4 000 years the bhagavad gita 4 29 4 and many upanishads written in the pre buddhist period also refer to techniques of pranayama

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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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steady breathed in and out of the nose and down into the belly