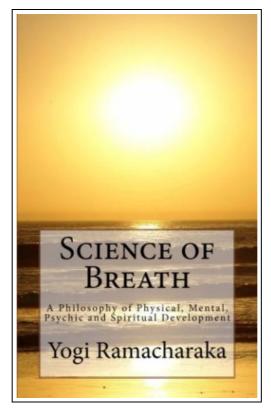
# Science of Breath: A Philosophy of Physical, Mental, Psychic and Spiritual Development



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# Reviews

Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me). (Roel Bogisich Sr.)

# SCIENCE OF BREATH: A PHILOSOPHY OF PHYSICAL, MENTAL, PSYCHIC AND SPIRITUAL DEVELOPMENT



Createspace, United States, 2012. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. For over 100 years western students have been aided by the teachings of Yogi Ramacharaka. This collector-quality edition includes the complete text of this enduring classic in a freshly edited and newly typeset edition. With a generous 5 x8 page size, this Summit Classic edition is printed on heavyweight bright white paper with a fully laminated cover featuring an original full color design. Whether as an introduction for beginners or a self-study guide for more advanced students, the simple, straightforward style of the lessons belies the depth of the wisdom contained in the text. Science of Breath is a complete manual of the techniques of attaining physical, mental, psychic and spiritual development through breathing. Presented as a course of lessons in practical instruction, the text guides the reader with both a discussion of the underlying philosophy and physiology and a series of step-by-step exercises. Generations of students have found the study of this text and the practice of its teachings to be a valuable step in the attainment of wisdom, awareness, and improved health of mind, body and spirit. Yogi Ramacharaka was one of many pseudonyms used by William Walker Atkinson (1862-1932), an incredibly prolific American writer who published extensively in areas of yoga, the occult, eastern mysticism, personal development, and related subjects. Atkinson is believed to have written over 100 books, but he worked from behind a series of pen names, edited his own and other magazines and published most of his work through The Yogi Publishing Society and The Advanced Thought Publishing Co., both of which he owned and operated. It is impossible to know with any certainty how many of the authors to which articles...



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