

International Bestseller Productivity Guide

Bert Hedeman, Roel Riepma

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web prāṇāyāma devanagari [] [] [] [] prāṇāyāma is a sanskrit compound it is defined variously by different authors macdonell gives the etymology as prana prāṇa breath āyāma and defines it as the suspension of breath 1 monier williams defined pranayama in terms of the elements of kumbhaka breath retention 2

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