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Pranayama therefore refers to a controlled intake and outflow of the breath. In his classic work 'Light on Pranayama,' Yogi B.K.S. Iyengar notes; 'Asanas are like various branches spreading in different directions. Pranayama, which aerates the body with energy, is like the leaves which aerate the entire tree.'

Pranayama: An Intro to the Power of Yogic Breathing | TINT ...

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