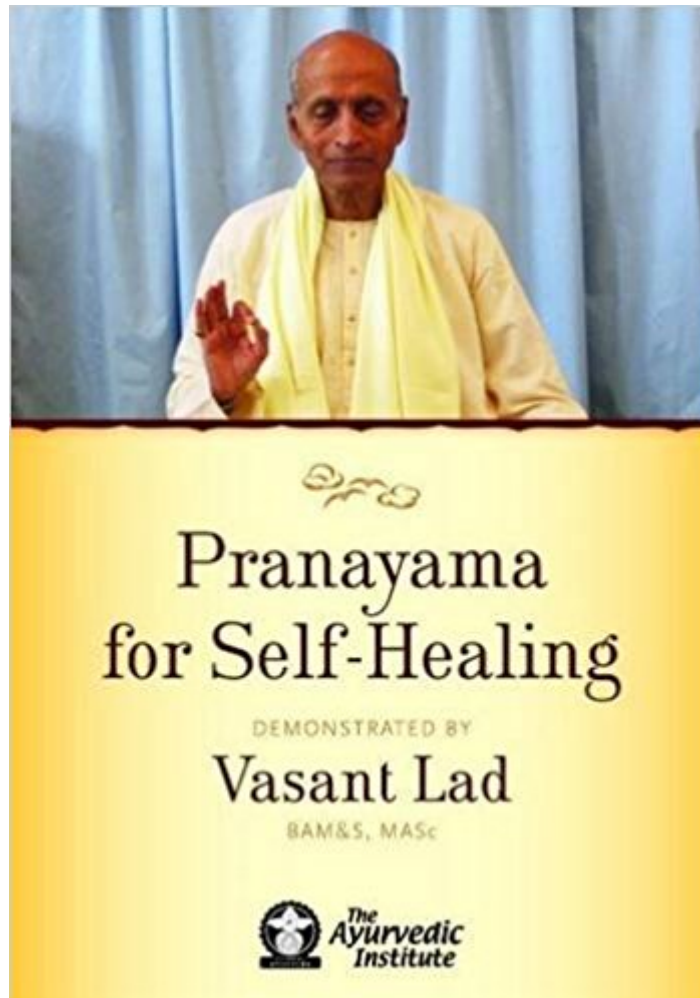




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# Pranayama For Self-Healing



## Book Information

DVD

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## Customer Reviews

This is so much fun! I'm very new to Ayurvedic practices and just exploring and experimenting with all the different applications. I felt invigorated after following along with this DVD. I recently purchased a couple of Vasant Lad's books and loved them so I decided to give this a try and was pleasantly surprised. I found myself smiling throughout the breathing exercises. Vasant Lad is innocently entertaining as well as extremely informative.

Very good, indeed. The teacher is very clear and beside his teaching of pranayama he also teaches the benefits of the different breathings and recommends the progression you need to follow in order to grow into the practice gradually. Downside? Because he is wearing a tunic you can't see how he works the air inside his body. There are a few breathing techniques he explains that require a nude torso to make sure you would do them correctly. Having said that, I still totally recommend this video.

I have been practicing Qigong (and also studying Qigong theory) for well over 4 years. While Qigong has helped me enormously in a variety of different ways, I wanted some short, one or two minute exercises that could help me combat stress and anxiety, something that I could do any time, when I have very little time, and get immediate results. This is what two of these Pranayama exercises have done for me. Either Bhramari or Anuloma Viloma completely take away my anxiety in seconds. I think Anuloma Viloma (Alternate Nostril Breathing) has to be the fastest way there is to reach a state of calmness and well being, ... bliss, as Dr Lad likes to say. Needless to say, the

health benefits of these Pranayama exercises are enormous. Dr Lad, who is both a scholar and an adorable man, not only teaches how to do the breathing exercises, he also gives an interesting explanation on the particular health benefits of each one of them.

This dude is hilarious. I was skeptical of this goofy s\*\*\* at first. It definitely seemed as pingas to me, but Dr. Lad appears to be a happy physically fit dude, so he can't be BSing about all these being curative of depression and good for easy weight loss. So I gave these exercises a go around, and now I hate having to miss a day! This is after only trying half of them--bhastrika, kapalbhati and anulom vilom. My friends and family all told me over the holidays that I've lost weight and that I'd better eat something before they see me again. Buy this. Do it. Now. Then buy copies for your loved ones. Makes a great stocking stuffer!

We've been following his system of breathing exercises for over a year, and have had not one cold or flu. There are many other mental and physical benefits, and I highly recommend it to anyone in any condition.

After years of asana lessons in various yoga studios, with dozens of different instructors, frequently asking for about the other limbs of yoga beyond asana (too often feeling too much like calisthenics, with little time for mindful breathing) I finally broke down and took a chance on a DVD. I didn't know what to expect and, frankly, wasn't expecting much. I mean...with seemingly nobody knowing much of anything or holding out that pranayama was only for very advanced yogis, how much could you expect from a \$15 DVD? I am so grateful to have found this DVD! Finally I have a knowledgeable, inspiring, and competent guru for real pranayama. Even after one session through the DVD it is clear there is real value in pranayama. I am excited at the prospect of weaving this into my daily, personal practice.

We bought this dvd because my husband was told to do pranayama yoga due to his intense allergies. We used it twice. I ended up getting a lot more out of it than my husband, but we haven't gone back to it recently. Might be time to brush up. We found it a bit long (it goes for an hour). However, if you can take the exercises you learn and use them without the dvd, you will definitely have come away with a whole new set of exercises that are great.

Vasant Lad has degrees in Ayurvedic Medicine and Surgery. He's also worked as a teacher and

clinician in the field. He explains in the introduction to this DVD that he's been offering his gentle instruction on Pranayama (breathing) for many years. He was asked by his students to create a DVD like this so those who cannot attend his classes can benefit from the teaching. For each breathing exercise, Vasant Lad explains the benefits and how many repetitions to do. You don't sit down and do this whole DVD at one time. Also, you don't do a full set of reps when you are a beginner. The teacher explains that. He also discusses cases where he's seen improvements in patients who practice these breathing exercises. Some of the breathing exercises, such as Anuloma Viloma (Alternate Nostril Breathing), are simpler. Others, such as Kapala Bhati (Shining Skull Breath), are more complex and difficult to do correctly. The best way to use this DVD is to start with the simpler exercises. Watch the DVD all the way through paying careful attention to the instructions and advice. The teacher will tell you to refrain from certain breathing exercises if you have medical conditions. The entire 79-minute DVD shows him sitting, speaking, and demonstrating the breathing exercises from one place. As a beginner, I find this to be very helpful and have started practicing select breathing exercises.

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