

**HOLISTIC HEALTH Series**

A quick question. Do you breathe *deeply*?

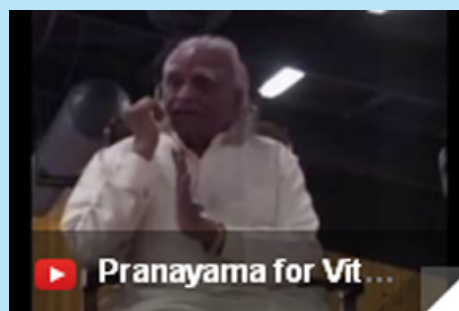
The fact is that the most people engage in shallow breathing that leads to the sub optimal usage of the lung capacity. This results in diminished vitality.

It can easily be rectified through *Pranayama* - a technique of breath expansion. In short, it cleanses, nourishes and unleashes fresh energy. This issue is all you need to read to get your breathing right.

Warmly,  
[The Editorial Team](#)



[Video Case Study](#)  
*Pranayama for Vital Health*



We know breath sustains life. But how exactly? Get a visual perspective of the science of correct breathing from inimitable stalwarts like BKS Iyengar, Sadhguru and others. The result? You'll start becoming *aware* of your breath, almost immediately. [More](#).



**Holistic Health Series**  
[Pranayama \(Vital Expansion\)](#)

*Pranayama* in its most basic form means experiencing the life force (*Prana*) through conscious inhalation, retention and exhalation. It is about tuning into the rhythm of the breath, and regulating the same.

This note explains how *Pranayama* impacts each molecule, fibre and cell of the body and leads to a calm mind and positive health. [More](#)

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