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web apr 26 2023 the word pranayama is a combination of prana and ayama which translates as to extend expand or draw out some also say that the word is the combination of prana and yama or control with either translation you arrive at the same concept pranayama is a practice that involves

the management or control of the breath

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energy and ayama means to extend or expand therefore pranayama is the practice of extending and expanding the life force through controlled breathing techniques the practices of pranayama have a rich history in india dating back over 4 000 years

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