



The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom

By Anyen Rinpoche, Allison Choying Zangmo

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Heal the body, quiet the mind, and find emotional balance with simple practices from Tibetan Yantra Yoga.

Vibrance, good health, and longevity have one thing in common--they all begin with the breath. Modern science and classic spiritual traditions agree: regulating the breath leads to radiance and wellness in the body, mind, and spirit.

The Tibetan Yoga of Breath pairs the teachings of Tibetan Yantra Yoga (breathing yoga) with select contemplative ideas and practices and examines how well they complement each other through the lens of Western medical science. The benefits of proper breathing are offered from the point of view of classical Indian/Tibetan practice, and contemporary medical research supports how breath cultivates physical, emotional, and spiritual health. Basic Yantra Yoga techniques--also called wind energy training--are the key practices for achieving this vitality, down to the cellular level.

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Editorial Review

Review

“*The Tibetan Yoga of Breath* offers a highly accessible introduction to Buddhist teachings on the physical, mental, and wisdom energy waves of the breath. This rare book meticulously guides readers on how to awaken and perfect the power of innate energy to heal and enlighten.” —Tulku Thondup, author of *Boundless Healing*

“These clear and practice-based teachings on purifying the wind energies are much-needed medicine for our times. Rooted in the ancient wisdom of dharma and an understanding of modern science, the yogas of the body, wind energy, and mind are presented in a fresh, lively prose that is a delight to read. This rare medicine is precious and if sincerely practiced, can lead to well-being and glimpses of our ever-present wisdom mind and joyful heart.” —Tsoknyi Rinpoche

“Anyen Rinpoche is a compassionate embodiment of wisdom. The skillful teachings in *The Tibetan Yoga of Breath* will be a source of peace and happiness for many in these troubled times, for which I am very grateful.”—Garchen Rinpoche

About the Author

ANYEN RINPOCHE is a tulku from Tibet of the Nyingma (Longchen Nyingthig) tradition. He lives primarily in Denver, Colorado, where he founded Orgyen Khamdroling Center with a shedra (college) for Westerners. He is the author of *The Union of Dzogchen and Bodhichitta*, *Dying with Confidence*, *Journey to Certainty*, and *Momentary Buddhahood*.

ALLISON CHOYING ZANGMO is Anyen Rinpoche's personal translator and a longtime student of both Rinpoche and his root lama, Kyabje Tsara Dharmakirti. She has either translated or collaborated with Rinpoche on all of his books. She lives in Denver, Colorado.

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Excerpt from the introduction: "As I prepared to write this book with Anyen Rinpoche, I delved into the medical research that has been done on the subject of the breath and the health benefits of bringing the proper amount of oxygen into the blood, with the assistance of my Vajra Sister Sarah Teague Johnson. I was amazed at how the yogis of India and Tibet, with no access to modern technology or research instruments, gained a thorough knowledge of the effect of the breath, proper and improper, on our physical, emotional, and spiritual health. Not only did these classic masters understand the problems caused by improper breathing in a way that perfectly corresponds to modern medical science, but they also knew how to remedy these problems with very simple techniques. These breathing 'treatments' and 'cures' are as easy as working with posture, nasal breathing, and the elongation of the inhalation and exhalation. The benefits of these contemplative techniques can also be explained with a detailed understanding of medical science. How amazing that the masters of old could have knowledge that is so true, so exact, and so pertinent to our health in the modern world.

"In this book, we have attempted to provide the most useful information for those interested in starting to practice wind energy training, using medical science as a starting point. Yantra Yoga, with its rich oral and textual tradition, has its own parallel way of describing the negative effects of oxygen and carbon-dioxide deprivation on the body, mind and emotions. By weaving together the knowledge of these two sources, the modern and the mystical, we hope many readers of this book will be inspired to start working with the

tradition of wind energy training."

Users Review

From reader reviews:

Virginia Scheffer:

This The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is definitely information inside this book incredible fresh, you will get data which is getting deeper an individual read a lot of information you will get. That The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom without we understand teach the one who reading it become critical in imagining and analyzing. Don't end up being worry The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom can bring when you are and not make your handbag space or bookshelves' become full because you can have it within your lovely laptop even cellphone. This The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom having excellent arrangement in word along with layout, so you will not sense uninterested in reading.

Todd Jacob:

Your reading sixth sense will not betray you, why because this The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom guide written by well-known writer who really knows well how to make book which can be understand by anyone who else read the book. Written with good manner for you, dripping every ideas and creating skill only for eliminate your hunger then you still doubt The Tibetan Yoga of Breath: Breathing Practices for Healing the Body and Cultivating Wisdom as good book not just by the cover but also by the content. This is one reserve that can break don't judge book by its include, so do you still needing yet another sixth sense to pick this kind of!? Oh come on your reading sixth sense already alerted you so why you have to listening to yet another sixth sense.

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Doug Campbell:

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