

## Yoga Breathing Techniques

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The modern world is walking up to the significance of yoga. It is getting popular as a cure for chronic health problems and for attaining peace of mind. It is popular belief that Yoga merely includes stretching and warm up exercise. In reality, Yoga not just involves stretching, but many other things beyond that.

Yoga originated in ancient India and typically means 'union' between mind, body and spirit. Practising of Yoga makes use of different movements, breathing exercise, relaxation technique and meditation.

Pranayama occupies a very important place in Indian religion. Every Brahmachari, and every Grihastha also, has to practise it three times every day morning, noon and evening in his daily worship during Sandhya. It precedes every religious practice of the Hindus. Before he eats, before he drinks, before he resolves to do anything, Pranayama should be performed first and then the nature of his determination should be clearly enunciated and placed before the mind. The facts of its preceding every effort of the will is a surety that, that effort will be crowned with success and the mind will be directed to bring about the desired result. Here I may refer to the feat of memory, practised by the Hindu Yogins, under the name of concentration on one hundred things. 'Satavadhana', wherein one hundred questions are put to a Satavadhani or the concentrator in rapid succession by different persons; some testing the verbal memory of the performer; others testing his power of mental calculation; again some others, trying to test his artistic skill, without giving him, any time for committing the questions to have been put to him. The performer begins, by reproducing the questions, in any order, in respect of those questions, with their answers. This is generally done in three or more turns, in each turn giving only a portion of the answer to each of the questions and then continuing from where he left off in the next turn. If the questions are of the nature of mathematical problems whose solutions are required, he delivers the answers along with the problems, having solved them mentally.

### Benefits of Breathing Exercises

**Helps in Old Age :** Breathing exercises become important, as you grow older so that the

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