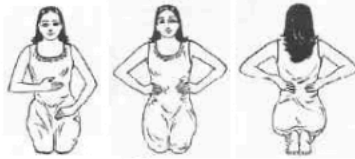
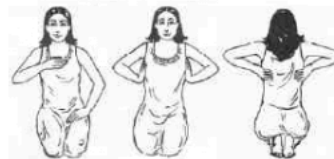


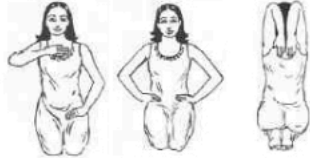
**Adham Pranayama**  
Low Chest Breathing



**Madhyam Pranayama**  
Mid Chest Breathing



**Adhyam Pranayama**  
High Chest Breathing



**Mahat Yoga Pranayama**  
Complete Breath



**VIBHAGA PRANAYAMA: SECTIONAL BREATHING**



**HATHENAS:  
ASANAS AND KRIYAS  
TO OPEN THE LUNGS  
BY  
FORCING AIR INTO  
ITS  
BRONCOPULMONARY  
SEGMENTS**