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artist and poet for an immersion into the richness of the yama ethical practices outlined in the yoga sutra as the first of the eight limbed path of classical yoga

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healing Nov 24 2021 proceed to take twenty bellows breaths through both nostrils this method helps draw prana the life force into the body and mind thus clearing out mental emotional and physical blocks 7 surya bhedana or the solar breath similar to the nadi shodhana inhale through the right nostril and exhale through the left

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