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Yoga Sutras of Patanjali - Wikipedia

In yoga it is the “breathing of fire”. This complex breathing technique combines kapalabhati, bastrika, dirgha svasam, rechaka kumbhaka, bandha-triya and an intense pratyahara. In the most advanced techniques, it is combined with sapta bandha and dharana mudra in yantras, as well as with specific mantras associated with

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