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The guru is in you.

Yogani

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# **Spinal Breathing Pranayama**

Journey to Inner Space

**Yogani**

From The AYP Enlightenment Series

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## Further Reading and Support

Yogani is an American spiritual scientist who, for more than thirty years, has been integrating ancient techniques from around the world which cultivate human spiritual transformation. The approach he has developed is non-sectarian, and open to all. In the order published, his books include:

### ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living***

A large user-friendly textbook providing 240 detailed lessons on the AYP integrated system of yoga practices.

### ***The Secrets of Wilder – A Novel***

The story of young Americans discovering and utilizing actual secret practices leading to human spiritual transformation.

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#### ***Deep Meditation – Pathway to Personal Freedom***

#### ***Spinal Breathing Pranayama – Journey to Inner Space***

#### ***Tantra – Discovering the Power of Pre-Orgasmic Sex***

#### ***Asanas, Mudras and Bandhas – Secrets of Inner Ecstasy***

(Due out second half 2006)

#### ***Samyama – Manifesting the Power of Inner Silence***

(Due out second half 2006)

Additional *AYP Enlightenment Series* books are planned...

For up-to-date information on the writings of Yogani, and for the free *AYP Support Forums*, please visit:

**[www.advancedyogapractices.com](http://www.advancedyogapractices.com)**

***Spinal Breathing Pranayama*** is one of the most important practices in all of yoga, producing positive effects in our health, wellbeing, and every aspect of our daily living. Moreover, this simple daily practice purifies and opens us to our ecstatic inner realms, taking us on an exciting journey to *inner space*. The consequences of this journey are as practical as they are profound.

This book provides easy-to-read instructions for beginning and continuing with the practice of ***Spinal Breathing Pranayama***, addressing in a surprising degree of detail the many experiences and questions that can come up.

Yogani is the author of two landmark books on the world's most effective spiritual practices: ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living***, a comprehensive user-friendly textbook, and ***The Secrets of Wilder***, a powerful spiritual novel.

***The AYP Enlightenment Series*** makes these profound practices available for the first time in a series of concise instruction books.

