



## Advanced Yoga Practices

### Spinal Breathing Pranayama - Journey to Inner Space AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(4:20)
02 - Chap 1 - BREATH AND THE LIFE FORCE	(12:35)
03 - Chap 2 - SPINAL BREATHING PRANAYAMA	(1:55)
04 - Chap 2 - How to do Spinal Breathing	(5:53)
05 - Chap 2 - When and Where to do Spinal Breathing	(3:35)
06 - Chap 2 - Initial Questions on Practice	(11:03)
07 - Chap 2 - Enhancing the Effectiveness of Spinal Breathing	(3:48)
08 - Chap 2 - Full Yogic Breathing	(5:27)
09 - Chap 2 - Opening on Inhalation - Restricting on Exhalation	(3:34)
10 - Chap 2 - A Gentle Lifting of the Eyes	(5:07)
11 - Chap 2 - Cool and Warm Currents	(3:46)
12 - Chap 2 - The Possibilities	(5:22)
13 - Chap 3 - JOURNEY TO INNER SPACE	(2:00)
14 - Chap 3 - Managing Our Purification and Opening	(0:50)
15 - Chap 3 - The Duration of One Spinal Breathing Cycle	(3:18)
16 - Chap 3 - Spinal Breathing Session Duration	(3:34)
17 - Chap 3 - Using the Clock Versus Counting Breaths	(2:50)
18 - Chap 3 - Mixing Other Practices with Spinal Breathing	(4:29)
19 - Chap 3 - Alternate Nostril Breathing	(2:49)
20 - Chap 3 - Spinal Breathing as a Stand-Alone Practice?	(3:01)
21 - Chap 3 - Self-Pacing	(5:32)
22 - Chap 3 - Breathing Slowing Down or Stopping	(2:38)
23 - Chap 3 - Sexual Arousal in Spinal Breathing	(2:54)
24 - Chap 3 - Energy Flowing in the Body - A New Dynamic	(3:36)
25 - Chap 3 - Perspiration During Spinal Breathing	(1:38)
26 - Chap 3 - Changes in Digestion	(2:08)
27 - Chap 3 - Electric-Like Currents and Jolts	(1:08)
28 - Chap 3 - Benefit of Yoga Postures and Exercise	(2:35)
29 - Chap 3 - Automatic Yoga and its Consequences	(8:26)
30 - Chap 3 - Energy Experiences and Visions	(2:10)
31 - Chap 3 - Relationship of Energy, Senses, Heart and Mind	(4:45)
32 - Chap 3 - Changing Character of the Spinal Nerve	(7:00)
33 - Chap 3 - The Heart Space	(1:54)
34 - Chap 3 - Opening of the Third Eye	(4:06)
35 - Chap 3 - The Tunnel and Star	(4:57)
36 - Chap 3 - Lower and Higher Beings	(5:13)
37 - Chap 3 - Chakras and Kundalini	(8:08)
38 - Chap 3 - Avoiding a Premature Crown Opening	(5:24)
39 - Chap 3 - The Evolution of Ecstatic Conductivity	(9:23)
40 - Chap 4 - THE COSMIC YOU	(2:52)
41 - Chap 4 - The Marriage of Opposites	(3:44)
42 - Chap 4 - Ecstatic Bliss	(2:58)
43 - Chap 4 - The Infinite Self and Divine Love	(5:38)
44 - FURTHER READING AND SUPPORT	(2:50)

**Total Run Time - 3 Hours, 11 Minutes**