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Jan 15, 2014 Pranayama has 11 ratings and 1 review. In his third book Gregor Maehle aims at bringing about a renaissance of pranayama, the yogic school of breathing.

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About Gregor. Gregor Maehle started his yogic practices 30 years His 2012 publication Pranayama The Breath of Yoga has set a new benchmark in the practice of

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