



Science of the Breath

Yogi Ramacharaka

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Great Idea Endure Forever Swami Ramacharaka was the pen name of William Walker Atkinson (1862-1932), one of the 20th century's earliest and most influential transmitters of Eastern spiritual ideas and practices to the Western world. The author of over 100 works, Atkinson was a pioneer in the New Thought Movement, which advocated the divine presence in all reality and the inner divinity of human beings. In *Science of the Breath*, Atkinson explores yogic deep breathing practices in a way that has rarely been improved upon since the work was first published over 100 years ago. This edition also includes a selection from Swami Vivekananda's *Raja Yoga* that provides an additional resource for those interested in exploring pranayama or the science of breath control. ----- Wisdom Classics Editions The goal of SophiaOmni's Wisdom Classics Editions is to reintroduce important works by great thinkers from the past that have something significant to say about the human condition and our place in the universe.

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