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Swami Niranjanananda Saraswati Prana And Pranayama : Free

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Prana, Pranayama, Prana Vidya by Swami Niranjanananda

I highly recommend the prana, pranayama, pranavidya text which is mentioned in the title as well as the kundalini tantra, darana Darshan (probably the single best meditation book I could recommend), the moola bhanda master key book, asana, pranayama, mudra, hatha yoga pradipika, the moon book, the sun book, the course in kriya yoga, yoga nidra along with the various "psychology of yoga" type all-in-one self help type books they put out.

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~knowledge of the life force™.

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