



योगेन चित्तस्य पदेन वाचां  
मलं शरीरस्य च वैद्यकेन ।  
यो ऽपाकरोत् तं प्रवरं मुनीनां  
पतञ्जलिं प्राञ्जलिरानतो ऽस्मि ॥

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*BHRAMARI PRANAYAM*”

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