



Pitfalls of Pranayama

SEVERAL PLACES
HE HAS TOLD / THAT
SO MANY PITFALLS
IN PRANAYAMA —
DANGEROUS — NOT TO
DO.
PRANAYAM has landed
people in
(1) MADNESS
(2) INCURABLE DISEASES
(3) SIDDHIS
REQUIRES HIGHLY EXPERT
YOGI GURU & ONE HAS
TO LEARN IT for 3 years.
Nobody else.

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so many pitfalls in
Pranayama — dangerous —
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people in:

1. Madness
2. Incurable diseases
3. Siddhis

Requires highly expert Yogi
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Nobody does.