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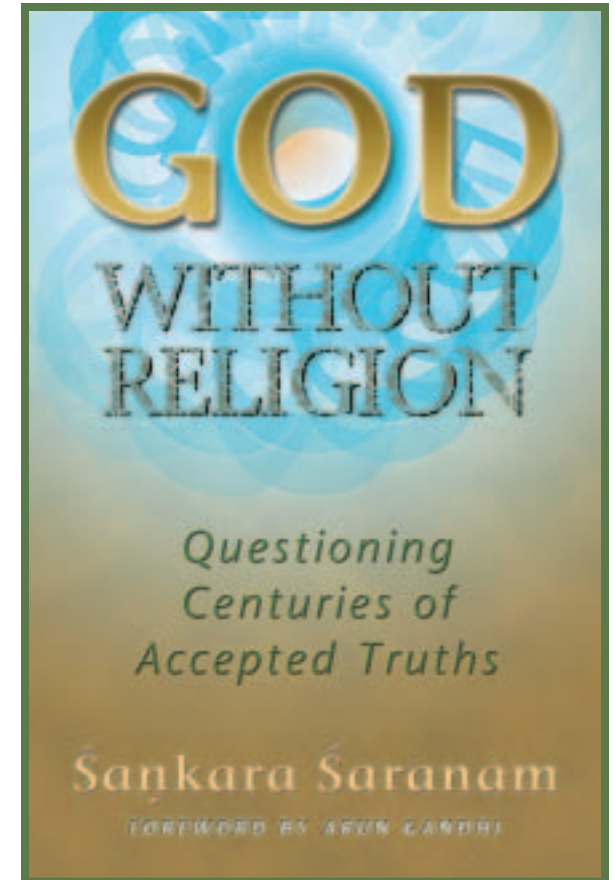
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FOREWORD BY ARUN GANDHI

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Śaṅkara Śaranam, founder of The Pranayama Institute, received his BA in Religion from Columbia University, where he graduated magna cum laude, and his MA in Eastern Texts from St. John's College in Santa Fe, New Mexico. He now devotes his life to making pranayama techniques available worldwide at no cost, and writes a weekly online column read by students in over seventy countries. He resides in a log cabin in northern Georgia with his wife and their young son.



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