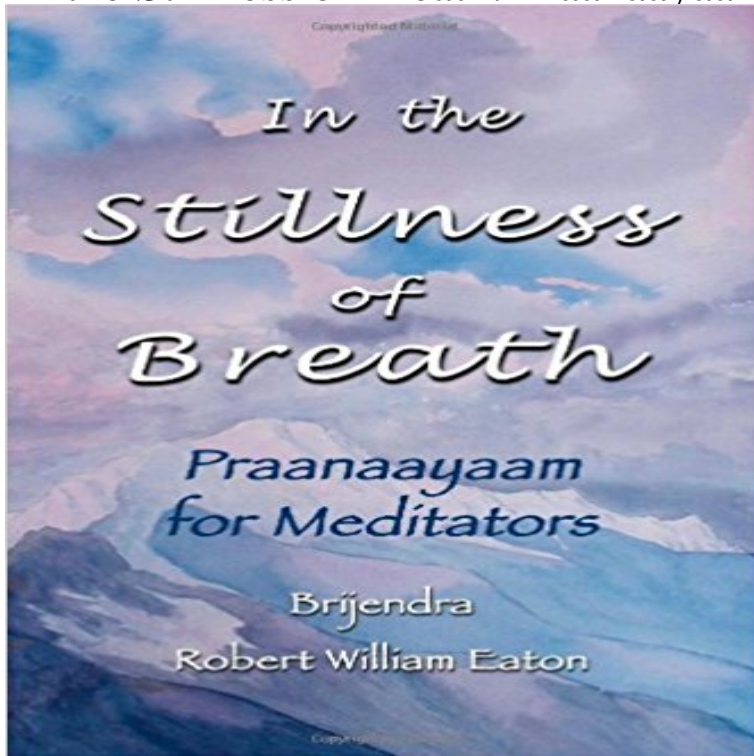


In the Stillness of Breath: Praanaayaam for Meditators



In the Stillness of Breath offers a detailed description of two integrated praanaayaam (pranayama or breathing) sessions: the Core Seven and the Eight Kumbhaks. These two sessions can serve as the foundation of your cultivation of breath. The sessions emphasize leading the breath to stillness for the purpose of supporting and developing your practice of meditation.

Brijendra provides an outline of the ancient thought about praanaayaam (pranayama), and reveals insights into meditation, pran, kundalini, the chakras, and the benefits of praanaayaam practice. Woven throughout is the awareness of leading the attention through breath towards meditation on the Higher Self.

We've started our countdown to National Handbag Day on October 10, and that means we'll have special features for you every day, right up to the big event! Today, we're here to talk about the intersection of celebrity and accessories, and more specifically, how the two can become intertwined in public consciousness for years. The kinds of stars who carry a particular bag do a lot to shape the market's perception of it and the designer who created it, which is why so many brands give out free bags to stars now: they're hoping to create positive associations. In the cases you see below, though, things came along a little bit more naturally. You can't rush love, after all. Think of a bag-celeb duo we missed? Let us know in the comments!

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