

Title: Western Yoga's Abandonment of Pranayama

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The most critical aspect in the practice of Yoga is being systematically erased from its teachings. Specifically, the focus and importance of Pranayama or Breath Work as part of a balanced Yoga practice is being diminished to the point of extinction. With over 36 million US practitioners and a projected growth rate of 15% per year, the practice of Yoga is ingrained in our everyday reality. With the growing trend in the west of reducing this ancient science to a physical practice only, a disturbing lack of the most important aspects of (and dissemination of information of) Yoga Breath work is not being taught and emphasized. And it's the breathing side of the practice that is the "real work" of yoga. The causes for this disturbing trend are systemic. Left unchecked, this could potentially drive Yoga to the already piled high heap of fitness fads that litter the self-help road of years gone by. Ultimately pushing yogis', studios and product manufacturers on to the next fitness trend. Supported by near 40 years of yoga practice, a deep practical understanding of the teachings of yoga from an instructor perspective, the author explores why this is happening, it's ramifications and what if anything can be done to stem the dismantling of the most critical aspect of practicing yoga.

Biography

Stephanie Spence, internationally acclaimed certified yoga instructor, activist, published author, mother, and entrepreneur has been practicing yoga for almost forty years. Stephanie is the former CEO of Spence Communications and has been featured on TV and editorially in publications around the world including Mantra Yoga and Health. From literary journals to online global communities, Stephanie is published in numerous sources including online and in print magazines OM Lifestyle and Yoga and Yoga Guide. Her blog, one-with-life.com, has won many awards and is regarded as a top yoga blog. Stephanie is currently working on her second book, traveling and writing screenplays. **(up to 100 words)**