

PRANAYAMA INTRODUCTION

PRANAYAMA IN THE ASTANKA YOGA SYSTEM

Pranayama is the 4th limb of Astanka Yoga.

The 8 limbs are

1. Yama
2. Niyama
3. Asana
- 4. Pranayama**
5. Pratyhara
6. Dharana
7. Dhyana
8. Samadhi

Indian philosophy

= entire universe is made up of two materials

Akasa

Anything gross, which has form and is the result of combination comes out of Akasa. But the Akasa itself is so subtle that it cannot be perceived.

Prana

Power which activates and motivates this Akasa is called Prana

- infinite, omnipresent manifesting power from which emerges all energy at the beginning of creation.
- Everything in the physical universe manifests prana

Quest for reality (scientific point of view)

Descartes (1596-1650)

Newton (1642-1727)

Law of motion (Newton)

1. Every object remains in its state of rest or uniform motion unless it gets disturbed by an external force
2. The force is directly proportional to the acceleration produced by object $F = ma$.
3. Action and reaction are equal and opposite.

The observer can not observe without disturbing the observed

Pranayama

Prana = vital force

Yama = Expansion, Extension

Translation = „control of life force“

What is pranayama?

A series of techniques for controlling and expanding the dimensions of prana.

Definition

This „control of life force“ is accomplished by manipulating the breath. The rhythms of the pranic energy can be controlled with pranayama and thereby help attain a healthy body and mind.

The knowledge and control of this *varistha prana* (life force) or the mastery over it (through *prana*) by controlling breath is called *pranayama*. It is also defined as the science of cleansing, balancing and gaining control over this universal life force.

Exercise to prove prana in the body: Rub palms together, hold hands opposite each other, palms facing each other and observe the sensations in your palms.

Breathing

- taking in vital energy
- removing toxins out of the body and mind

Characteristics of Pranayama

Puraka, Rechaka and Kumbhaka

- *Puraka* = inhalation
- *Rechaka* = exhalation
- *Kumbhaka* = retention of breath

Three types of Kumbhaka

- *Antar Kumbaka* or *Abhyantara Kumbhaka* = Mindful Pause after Inhalation
- *Bhahir Kumbaka* = Mindful Pause after Exhalation
- *Kevala Kumbaka* = Spontaneous Pause

Kombaka

Increases the level of prana in the body and regulates the flow of pranic energy throughout the body, by giving it more time for the gas exchange in the *alveoli*.

Stages of breathing

Puraka		Rechaka
Inhalation		Exhalation
	Kumbhaka	
Antar Kumbhaka	Kevala Kumbhaka	Bhahir Kumbhaka
Inhale and hold	Neither inhale nor exhale	Exhale hold

Patanjali Yoga sutra = Pranayama = emphasis on the breathing (Puraka, Rechaka, Kumbhaka)

Hatha Yoga = Pranayama equal = Kumbhaka

Quantity and Qualities of Pranic energy

- Varies from person to person
- Can be stored for future use
- Everyone is born with a certain amount of Prana
- The lifestyle has a direct impact on the prana (can be experienced as “drained”)
 - Environment
 - Workplace
 - Emotions

- Food
- Type of people you surround yourself with
- Sleep patterns
- Thoughts
- Sexual relations
- Etc.

Setting and Conditions for pranayama practice

Setting

- Lose clothes / comfortable clothes
- The room should be ventilated with fresh air
- If you use a fan, do not face the fan directly
- Positive place/Clean environment
 - do in same environment as it builds positive energy in place
 - Open place with fresh air – outside, open windows, fan but NO A/C
 - Face opposite side as others also practicing in same space
 - Face East in the morning (sunrise) and West in evening (sunset)

Time

Brahmamuhurta

- Morning 4.30-6.30 before sunrise (empty stomach)
- Evening 5.30 before sunset (empty stomach)

Position

- Spine, neck, head -> erect and centred
- Poses p.e. Padmasana or Vajrasana
- Keep eyes gently closed
- Relaxed
- No strain during padmasana. Breath should not be retained for longer than comfortable, natural breathing

Nutrition

- Drinking water 20 minutes after pranayama
- 2-4h after meals, light stomach (*Sattvika food*)

Mindset

- Don't be in a hurry, don't go beyond your capacity
- No excessive Pranayama (slow and steady instead of forcing it)
- Relaxed mind
- Mental attitude always towards divine qualities like love, mercy compassion

General

- Practice Pranayama after bathing
- Always start on the left
- Focus on the connection to yourself

Difference between Kriya and Pranayama

Short hold of Kumbaka = Kriya

Long hold of Kumbaka 10 strokes (35 seconds) = Pranayama

General Benefits of Pranayama

- Different physical, mental and spiritual benefits. For example:
 - Increase lung capacity
 - Increase oxygen levels in the blood
 - Expels toxins
 - Energises and clears blockages in the Nadis
 - Clears the mind
 - Helps develop Dharana and Concentration

pranayama channelizes energy in the body and removes ailments and slows down the ageing process

Focus

Awareness should be on the breath and the connection to yourself. It should always be deep, long, continuous!

Gunas and Doshas

Gunas

The three qualities of nature.

<i>Gunas</i>	Qualities
Rajas	Birth, passion, energy, reactive
Tamas	Destruction, death, lazy, inactive, self destruction, suicidal
Sattwa	yogic person, clarity, purity, kindness, calmness, compassion, forgiveness

Tamas and rajas exist in the form of blockages in the nadis. These blockages maybe caused by diseases, tension, and accumulation of impurities, negative thoughts or *samskaras*, mental pattern locked in the subconscious and unconscious. Just as the nadis are not physical entities, the blockages too are might not be visible for the human eye.

The Pranayamas can be prescribed according to your Guna. For example you would not prescribe Surya Bedha to a rajas personality.

Doshas

The three humours of the body, described in Ayurveda.

<i>Doshas</i>	Qualities
Vata	Wind and gas
Pitta	Bile
Kapha	Mucus, Phlegm

PANCHA KOSHAS AND PANCHAPRANAS

PANCHA KOSHAS पञ्च कोशा

Pancha = „Five“

Kosha = „Body“

The pancha koshas are the five dimensions of human existence. They range from gross to subtle. The pancha koshas are: *Annamaya Kosha*, *Pranamaya Kosha*, *Manomaya Kosha*, *Vijnanamaya Kosha*, *Anandamaya Kosha*.

Maya always means „*comprised of*“.

Annamaya Kosha

अन्न आन्ना = „food“

It is the gross level of existence, and is called Annamaya Kosha due to its dependance on food, liquid and air.

(But the Annamaya Kosha is also dependant on *Prana*. A human can survive without food for up to six weeks, without water for up to six days and without air for up to 6 minutes. But as soon as the Prana leaves the human body, the human is pronounced dead.)

Pranamaya Kosha

प्राण प्राणा = „life force, vital energy“

The Pranamaya Kosha or Pranic Body is the energy field of an individual. It is more subtle than the Annamaya Kosha. It supports the Annamaya Kosha and is supported by the subtler Koshas itself. Annamaya Kosha and Pranamaya Kosha form the *atmapuri* or city of the soul. They form the vessel for the experience of the subtler bodies.

The Pranamaya Kosha is the basis for the practice of pranayama. It is also called the pranic, astral or etheric counterpart of the Annamaya Kosha. It is said to have almost the same dimensions as the physical body, but the Pranamaya Kosha is able to expand and contract.

Clairvoyants see the pranic body as a coloured and luminous body around the physical body. This is called *Aura*. The Aura can be captured with *Kirilian Photography* or *Aura Photography*.

The Pranic Body is subtler than the Physical Body and it takes longer to disintegrate, this is an explanation why patients feel *Phantom Pain* in amputated extremities for example.

Kirilian Photography

Aura Photography

„A sort of light or glow, bigger than the object itself would appear round the object“

Manomaya Kosha

मानो मानो = „mind“

The manomaya Kosha is the mental dimension. The level of experience in the concious mind. The Manomaya Kosha can be seen as a bridge between the outside and inside world. Transmitting the experiences and impressions from the outside world into the gross body.

Vijnanamaya Kosha

विज्ञाना विज्ञाना = „consciousness“

Maya = „*comprised of*“

Vijnanamaya Kosha is the Psychic level or intellectual body of experience. It connects the individual to the universal mind. Inner knowledge comes to the conscious mind from this level. When this Kosha is awakened, the individual starts acting on a more intuitive level and sees underlying reality behind outer appearances. It is the path to wisdom.

Anandamaya Kosha

आनंदः *Ananda = bliss or happiness*

This is the most subtle body or layer. The level of bliss. It is also called the transcendental body.

Ascending through the Koshas

The purpose of Yoga is to attain higher levels of consciousness by moving through the Koshas. Each Yoga practice functions on different koshas. The Asanas for example clear blockages in the Anamaya Kosha. Once the physical blockages are cleared, we can clear the energetic blockages in the Pranamaya Kosha with Pranayama. This influences the Manomaya Kosha directly.

The activation of the pranic force leads to healing ability and purification of the Manomaya Kosha to clarity of thought and a balanced expression of emotions and ego. When Annamaya Kosha and Pranamaya Kosha are balanced it directly destroys the barrier between them and the Manomaya Kosha. The next level is bringing the Pranamaya Kosha and the Manomaya Kosha into union, which lifts the veil and brings more clarity to the Vijnanamaya Kosha. When this Psychic Energy-level is accessed the concentration between refined and deeper mind comes to the surface. The subtlest body is the Anandamaya Kosha. If the grosser layers are peeled off the Anandamaya Kosha can be attained. If this layer is accessed everything becomes extremely clear without any effort, just based on the intuition. Also the creativity increases tremendously. At this state the mind is absolutely cleared and ready to experience absolute bliss.

Mostly we just gain access to the first three Koshas. But all Koshas are immediately connected with each other and purifying the grosser Koshas will lead to more access of the subtler Koshas.

Kosha consciousness

Depending on the level of consciousness of a practitioner is in he/she relates to one or the other Kosha more or less based on his/her evolution. If the focus is on the physical body the practitioner will work mostly with the Anamaya Kosha (Hedonists). If the focus is on the Pranamaya Kosha, the practitioner will identify with power and vitality (Athletes). If the practitioner is focused on the analytical mind he will be mostly working with the Manomaya Kosha.

In the state of Vijnanamaya Kosha and Anandamaya Kosha the tendencies of *tamās* and *rajas* are reduced.

Perception of Prana in the different Koshas

The goal of practicing the pranayama is to work with the Pranamaya Kosha until the Prana becomes subtle enough to penetrate the other Koshas. If the Prana is awakened its flow, form, color and quality can be experienced on each level of the Koshas. .

P.e. In the Anamaya Kosha it can be experienced as nervous energy.

	Meaning	Practice	Element
Annamaya Kosha	Physical Body	Asanas	Earth
Pranamaya Kosha	Vital Body	Pranayama	Air
Manomaya Kosha	Mental Body	Meditation	Water
Vijnanamaya Kosha	Intellectual Body	Mantras	Fire

	Meaning	Practice	Element
Andamaya Kosha	Spiritual Body	Bhakti/Devotion	Akash

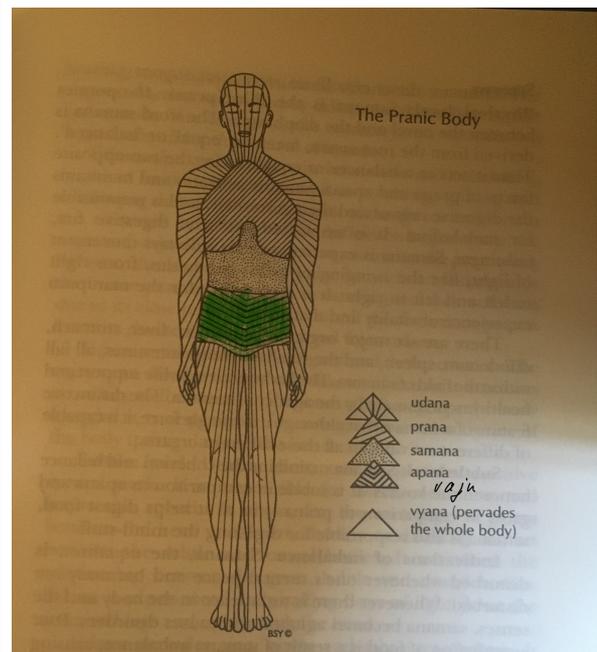
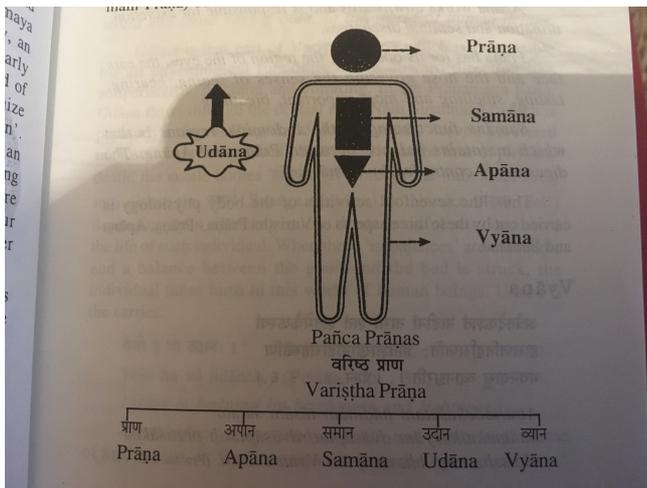
PANCA PRANAS

The *varistha prana* (life force, main prana) manifests itself in the Pranamaya Kosha in five forms. Just as electricity is the unseen basis of light and heat the Pancha Pranas are unseen energy. The *Pancha Pranas* are the base of all physiological and psychological functions in our Pranamaya Kosha. They are divided by their functions.

Pancha Pranas

1. Prana (chest region, seat of prana)
4. Apana (downward movement, excrement)
5. Samana (digestion)
6. Udana (muscles)
7. Vyana All over the body

	Seat	Function
PRANA	Chest	Eyes, ears, face. Governs senses of seeing, hearing, tasting, smelling + BREATHING
APANA	Anus	Works downwards, excretion, urination, seminal discharges
SAMAN A	Region above the navel	Digestion + balance between apana and prana
UDANA	Throat	Upward, governs the sense of touch and flow of impulses in the nerves. Shakti movement, kundalini move up
VYANA	Throughtout the body	Upward functions: antiperistalsis, belching and vomiting. Flows through the central main Nadi (Susumana/Kundalini Sakti)



Upa Pranah

Supporting subsidiaries of Prana
Five Upranas

NAGA	Relieves pressure from abdome by belching
KURMA	Controls eyelids and size of iris
KRKALA	Controls sneezing and cough reflexes
DEVADATTA	Controls yawning
DHANANJAYA	Produces phlegm and nourishes, last to leave the body

Dasapranas

Pancha prana + upaprana = dasavaju (*sanskrit* 10 = *dasa*)

pancha prana	upaprana	name of yoga practice
Prana Vaju chest	Devadetta controls yawning	Conventional pranayama trataka*
	Dhananjaya phlegm and nourishes	
	Kurma eyelids and size of iris	
Apana Vaju anus		Kriya yoga , Bhandas (Mooladbanda)

Samana Vaju above navel	Krkala sneezing and cough Naga belching	Kriyas*, Bhandas*
Udana Vaju throat		Kundalini yoga
Vyana Vaju throughout the body		Savasana, Yoganidra, Mudra

*Trā akē is a method of meditation that involves staring at a single point such as a small object, black dot or candle flame. It is said to bring energy to the "third eye" and promote various psychic abilities

Kriya cleansing practice, movement

Bhanda lock in the body (p.e. Moolad Bhandas = root lock)

CHAKRAS AND NADIS

CHAKRAS

There are 7 Chakras in the body. They are called:

- I. Mooladhara
- II. Swadhisthana
- III. Manipura
- IV. Anahata
- V. Vishuddhi
- VI. Ajna
- VII. Sahasrara

Chakras are energy centres or wheels that run along the spine. They radiate energy and connect the Nadis to koshas. They pick up and distribute cosmic vibrations throughout the body. They collect and either store or dispense energy along the nadis.

	Location	Kosha	Element/tat twa	Petals	Mantra
Mooladhara	<i>Men:</i> Perinium (between genital organ and anus, about 2 cm inside) <i>Women:</i> posterior side of cervix, (midway between vagina and uterus) Where the 3 main Nadis originate	Annamaya Kosha	Earth	4	Lam
Swadhisthana „One's own abode“	Coccyx	Pranamaya Kosha	Water	6	Vam

	Location	Kosha	Element/tat twa	Petals	Mantra
Manipura „The city of jewels“	Behind the Navel in the Spine	Pranamaya Kosha	Fire	10	Ram
Anahata „Unstruck, unbeaten“	Heart Seat of <i>anahad nada</i> (cosmic sound)	Manomaya Kosha	Air	12	Yam
Vishuddi „Fountain of youth“	Behind throat pit, Thyroid gland	Vijnanamaya Kosha	Akash	16	Ham
Ajna „Command“	Top of the spinal chord. Pineal gland 3 main Nadis meet and flow into one stream of consciousness into the Sahasrara	Vijnanamaya Kosha	Mind	2	Om
Sahasrara	Crown of the head	Anandamaya Kosha		1000	

NADIS

☞ *Nadi* = „flow“

There are Nadis in the physical body and in the Pranic Body. In the physical body it is veins, capillaries, channels, ducts, etc. that carry air, water, blood, nutrients. In the Pranic body we focus on the three major Nadis but there are 101 main Nadis. They are channels or tubes for Prana in the Pranamaya Kosha. Nadis provide energy for every living cell and organ throughout the whole body. They can not be measured but in higher states of consciousness Yogis perceive them as channels of colour, light and sound. In each of the 101 Nadis there are 100 branches with 72,000 nadis each and the *Vyana* flows through all of them.

Major Nadis

The three major nadis are situated in the spinal column and pass through all the *Chakras*. In pranayama we focus on these three main nadis called *Ida* (Ganga- or Chandranadi), *Pingala* (Yamuna- or Suryanadi) and *Sushumna* (or Sarasvati-, Shanti-, Brahmanadi). The Sushumna Nadi gets activated when the Ida and Pingala Nadi are balanced.

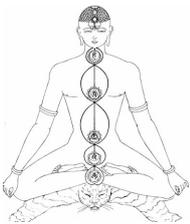
The three Nadis origin from the *Mooladhara Chakra*. Ida emerges from the left of the Mooladhara Chakra and moves upwards, coiling around the Chakras in a serpent shape. Whereas Pingala starts on the right and moves upwards in the same manner as Ida. Sushumna flows straight up through the center. It is the pathway through which the *Kundalini* arises. The etymology of the word *Sushumna* is *su=good, mna=to think (joyfull mind)*

Ida Nadi
Ganga Nadi, Chandra Nadi

Pingala
Yamuna Nadi, Surya Nadi

Sushumna
Saraswati Nadi, Shanti Nadi, Bramma Nadi

Left	Right	Middle
Cool	Hot	Temperate
Moon	Sun	Light
Feminine	Masculine	Androgynous
Mental	Vital	Supramental
Negative	Positive	Neutral
Yin	Yang	Tao
Imagination	Logic	Wisdom
Desire	Action	Knowledge
Internal	External	Centred
Night	Day	Dusk/Dawn
Passive	Dynamic	Balanced
Subjectivity	Objectivity	Awareness
Parasympathetic	Sympathetic	Cerebrospinal
Brahma	Vishnu	Rudra
Ganga	Yamuna	Sarasvati
Suconscious	Conscious	Unconscious
A	U	M



What happens if the Nadis are blocked?

Ida nadi blocked =

Depression, blocked left nostril

Pingala Nadi blocked =

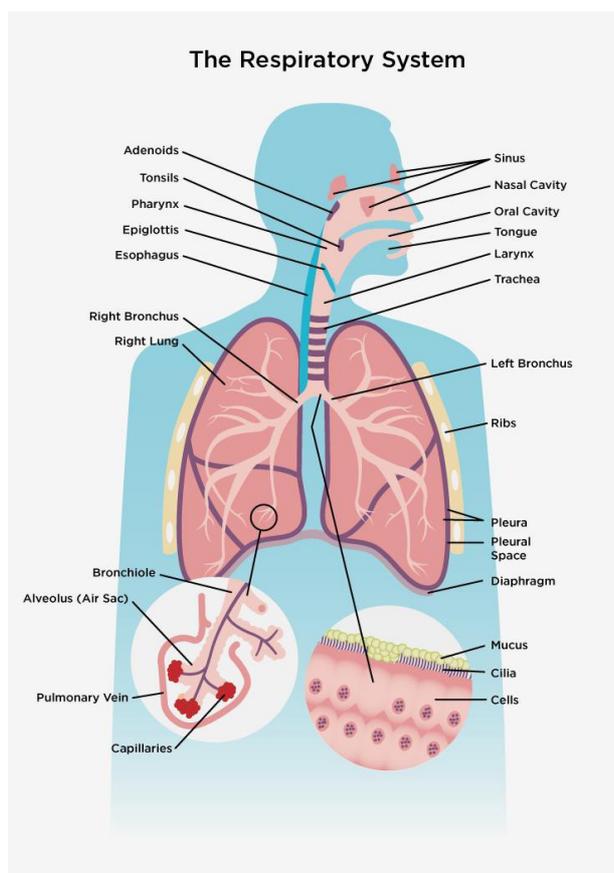
quick temper, irritation, dry skin, dryness in the throat, excessive sexual energy, blocked right nostril

Importance of Chakras and Nadis in Pranayama

In Pranayama you can activate and removes blocks in the Nadis by increasing the prana in the blocked areas. The Prana Shakthi awakens when the nadis flow regularly, rhythmically and continuously. This is know as **pranotthana**. For example in **Chandra Anolome Vilome** you activate the Ida Nadi, in **Nadi Shoodi** you activate he **Sushumna** Nadi by balancing **Ida** and **Pingale**. The **Sushumna** Nadi goes straight through the Chakras. The Chakras get activated and thereby the body gets vitalised and balanced. Each Chakra has a **Bheeja** sound as well. In the **Nadanusandhana** we chant A-U-M or Om which effects the Ajna Chakra directly since its bheeja sound is Om.

ANATOMY AND EFFECTS ON THE BODY

ORGANS RELATED TO PRANAYAMA



- Nostrils
- Nasal cavity
- Pharynx
- Larynx
- Trachea
- Lungs
- Bronchi
- Broncholes
- Alveol Duct
- Alveolis

The *respiratory system* has two important functions

9. it brings oxygen to the body

10. Helps us to get rid of carbon dioxide waste product of cellular function)

As we breathe in through the *nostrils* the air temperature gets adapted (*homeostasis*) and filtered. It then travels through the *Nasal Cavity* into the *Pharynx*, *Larynx*, *Trachea* and finally the *Bronchi*. They all work like a system of pipes through which the air is funnelled down into our lungs. In the lungs the gas exchange is taking place in the small air sacs called *Alveoli*. Oxygen is brought into the bloodstream and carbon dioxide is pushed from the blood out into the air.

Metabolism

Anabolism (creation) + **katabolism** (destruction) = **metabolism**

There are breathing techniques and Pranayamas that increase the metabolism.

These are good to vitalise the body. They can be prescribed for people who are not very active (p.e. depression) or people who want to loose weight. For example

- **Kapalabati**
- **Bastrika**
- **Surya Analome Vilome**
- **Surya Bedhana**

EFFECTS ON THE BODY

The Pranayama works on different parts of the body in different ways.

Cardiovascular System

Connection between breath and heartbeat:

- Purification of blood: extra supply of oxygen, removing carbon dioxide and toxins
- removing disorders from blood (Ujjayi)
- high blood pressure (Chandra Bheda, Chandra Analome Vilome, Nadi Shuddhi)
- slowing down heart rate (Ujjayi)
- low blood pressure: (Surya Bheda, Surya Analome Vilome, Nadi Shuddhi)
- heart diseases: NO Kombaka and Bandhas

Respiratory System

Using the whole lung capacity, expanding lungs and increasing efficiency:

- eliminates phlegm
- removes throat disorders and inflammations (Kapal Bhati., Ujjayi, Bhrammari)
- therapy for lung disorders: Bronchitis, Asthma, Tuberculosis (Kapalabhati, Nadi Shuudi, Bhastrika)

Digestive System

Abdominal movements

- influence on appetite, control over hunger and thirst
- keeps teeth and gum healthy (Seetkari)
- stimulation of the metabolic rate (Bhastrika, Kapalabati, Surya Bheda, Surya Analome Vilome)
- massage on inner organs and toning digestive system (Bhastrika, Kapalabati)
- removal of intestinal wind (Bhastrika, Kapalabati)
- removes acidity from stomach
- Ulcers (Nadi Shuudi, Ujjayi, Bhrammari) DONT do Kapalabhati
- Diarrhea (Nadi Shuudi., Bhrammari)
- Constipation (Nadi Shuudi)

Skeletal System

- Ujjayi is supposed to remove disorders from the bone and marrow.
- Those suffering from slipped disc, shall practice Ujjayi Pranayama.

Muscular System

Extra oxygen supply and stimulation of the Nervous System

- induces muscular relaxation (Ujjayi)
- increasing healing powers for tissues (Bhrammari)
- removes Fatigue (Nadi Shuudi, Brammari., Bhastrika)

Nervous System

Extra supply of oxygen, stimulating, toning, balancing, strengthening and soothing effects on the Nervous System

- brain centres will be toned, so they can work close to the optimum capacity
- control over the body temperature will be stimulated: cooling (cooling Pranayamas) heating (Surya Bheda, Surya Analome Vilome)
- cerebral tension, stress and anxiety will be relieved (Nadi Shuudi)
- Insomnia (Ujjayi)
- removes sleepiness (Kapalabhati)
- Vertigo (Bhrammari)
- Head ache (Nadi Shuudi., Bhrammari, Ujjayi)

Other

- Pranayama helps for all kinds of skin diseases, healing power of tissues is stimulated.
- Ujjayi removes diseases from fat, skin and muscles.
- The reproductive Organs will be toned.
- For Menstruation Problems and Cramps, Abdominal Breathing and Ujjai help;
- During and after pregnancy, Ujjayi, Nadi Shuudi

Mind

- calming effect on the mind and thoughts
- cooling the mind, and mental and emotional excitation (S&S)
- tranquility of thought, tranquilliser before going to sleep (S&S)
- preparation for mental work, concentration and meditation
- relieves stress and anxiety
- directs awareness inward, brings peace of mind and one pointed focus
- leads to deep state of meditation
- helps when suffering from Depression, Lethargy, dullness and sleepiness

Pranic body

- harmonizing, stimulating and increasing flow of prana
- clears out pranic blockages
- purifying and balancing in Ida and Pingala Nadis
- increasing flow of prana in Sushumna Nadi

POSTURES

Siddhasana

The Accomplished Pose

Siddhayoni Asana

Same as Siddhasana but for women



MR. YOGA 

Sukasana

Simple comfortable cross legged pose



Vajrasana
The Adamantine Pose



Padmasana
Lotus Pose



Ardha Padmasana
Half Lotus Pose



Swastikasana
Difference to
Siddhasana?

Since the prana flows through the Nadis, you have to keep the spine straight and the head aligned. These postures help to keep the spine erect and increase the energy flow in the body. The more aligned and symmetrical the body is the better the prana can flow.

Posture checklist

- closed eyes
- Spine erect
- Head, neck shoulders should be aligned
- Shoulder and abdominal muscles relaxed
- Hands resting on the knees in any comfortable mudra
- Do not move the body

MUDRAS

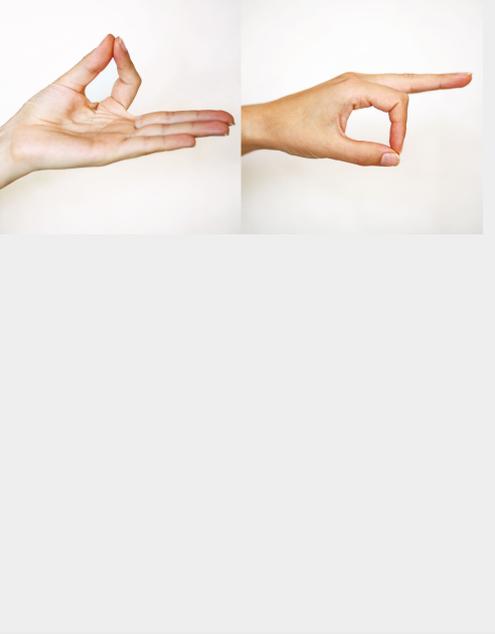
Mudra 'to lock' or 'to seal'

Mudras are hand gestures, or even symbols. They play a big role in Yoga, as they can be called energy locks as well. Mudras enable you to control the flow of prana, or the life force, thereby making you more energetic and full of vitality. In addition to this mudras help you lock energy inside your body so that you can utilise it, rather than letting it dissipate.

The fingers of the hands represent the different elements of the earth. Taken together these 5 elements are called the *pancha tattvas*.

- | | |
|--------------------------|--------|
| 1. | Thum |
| b – Agni (Fire) | |
| 2. | Index |
| Finger – Vayu (Air) | |
| 3. | Middl |
| e Finger – Akash (Space) | |
| 4. | Ring |
| Finger – Prithvi (Earth) | |
| 5. | Little |
| Finger – Jal (Water) | |

Bringing the Fingers and thereby the elements together, different energies are created.

Name	Benefits	
Nasikagra or Nasagra Mudra	<ul style="list-style-type: none"> - helps control the breath flow - Right hand is used because it is more associated with the giving <p>Variation</p> <ul style="list-style-type: none"> - index and middle finger on forehead, pressing against the <i>kshetram</i> (Trigger-point of the Ajna Chakra) 	
Chin Mudra	<ul style="list-style-type: none"> - Chin Mudra (and Jnana Mudra) are psycho-neural finger locks - When the index touches the thumb it creates a circuit. This circuit makes the energy flow back into the body and brain instead of sending it out. - Another pranic circuit is created by putting the hands on the knees. It stimulates a nadi which runs from the knees, up the inside of the thighs into the perineum (gupta or hidden nadi). This nadi stimulates the Mooladhara Chakra. - When the palms are facing up it opens the chest (openness and lightness) 	
Chinmaya Mudra	<ul style="list-style-type: none"> - Stimulates movement in the thoracic region (acupuncture meridian for respiration) 	

Name	Benefits	
Aadi Mudra	<ul style="list-style-type: none"> - Influences upper chest breathing 	
Bramma Mudra	<ul style="list-style-type: none"> - Stimulates full yogic breathing, the knuckles being pressed connect the meridians, the fingers curled inwards form another circuit as they touch the palm 	
Shanmukhi Mudra	<ul style="list-style-type: none"> - Physically: heat and energy from the hands and fingers stimulate and relax the nerves and muscles of the face - Mentally: introverts the awareness - Spiritually: induces the state of <i>Pratyahara</i> (Sense withdrawal) 	
Bhairava or Bhairavi Mudra		

BHANDAS

SHAD KRIYAS

KRIYAS

Kriyas are cleansing practices. We perform Kriyas in our daily life, like brushing the teeth or washing the face. The *Shad Kriyas* are the six major yogic Kriyas, focusing on cleaning the inner organs and eliminating accumulated toxins from the entire body.

1. Trataka = for better eyesight
2. Neti = for upper nasal tract
3. Kapalabhati = for lower respiratory tract
4. Dhouti = for upper gastrointestinal tract up to stomach
5. Nauli or Abdominal Viscera = for lower abdomen
6. Basti = for lower gastrointestinal tract (especially rectum)

Kriyas

1. Develop inner awareness
7. Desensitise the possible hypersensitive reactions in the pathways
8. Build stamina and prepare the capacity

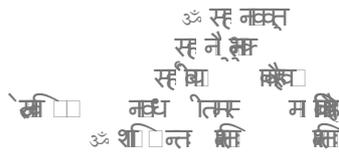
TRATAKA

Preparation

- candles, candle-stand, matches
- Wash eyes with cool and clean water (eyecup if available)
- Candle at the same level of eye
- If you practice in a group, sit in a circle

Instructions

1. Sit in any comfortable seated position
2. Remove glasses, watches and jewellery
3. Keep spine neck and head aligned with the spine
4. Relax the shoulders
5. Close eyes
6. Adopt Namaskara Mudra
7. Maintain a smile on your face during the practice
8. Calm down the mind, observe the body and breath
9. Begin the practice by chanting the prayer from the upanishads



“Om sahanavavatu, saha nau bhunaktu, saha veeryam karavavahai, tejasveenava vahitamastu, ma vidvisavahai / Om shanti, shanti, shanti”

“May he protect us both (the teacher and the student). May he nourish us both. May we both work together with great energy. May we not hate each other. Om Peace Peace Peace”

10. Gently take your hands behind the back
11. Bring the right hand into Aadi Mudra
12. Hold the right wrist with the left hand
13. Feel the pulse of the right hand with the fingers of your left hand
14. Exhale, bend forward, surrender
15. Inhale come up

Netra = eyes practice

- Preparation for trataka
- Also good for kidney and liver

Instructions

- sit in Vajrasana
- Interlock hands with the thumbs parallel (not interlocked)
- Do the movement with your hands
- ONLY the eyes are following the movement, not the head
- After each practice rub the palms and cup your eyes

	Sequence
+	Slowly move hands up and down Slowly move hands to the side (shoulder level)
X	Slowly move hands diagonal from right thigh up towards the left Do the same with the other side
O	Slowly Rotate Hands and arms clockwise Then Anticlockwise
><	Slowly Move hands away from the body and towards the nose (tilt eyes)
..	Tilt eyes down (look at tip of the nose) up to 2 min
°°	Tilt eyes up (up to 2 min)
--	Blinking (2 min)

After the Practice

- 3 min Savasana
- at a tree or something green (when working on a computer for a long time, also important to look at green colour or plant)
- The eyes can also be cleansed with drinking water

Not discussed yet

Jyoti Trataka

2. NETI

Jala Neti

Sutra Neti or Rubber Catheter Neti

Vyutkarma Kapala Neti

3. DHOUTI

Vamana Dhouti = Vomiting salt water (cleaning upper abdominal track)

Dandi Dhouti

Vastra Dhouti = swallow cloth (balances pitta)

4. NAULI

Uddiyana Bandha and Agnisara

Nauli Calana

5. BASTI

Laghu Sankhapraksalana

Klister (Cleaning lower abdominal track, rectum etc)

BREATHING PRACTICE

A lot of people have adopted abnormal or wrong breathing patterns throughout their life. Like wrong rhythm, speed or *haphazardness*. This imbalance in the breath can be the root of many diseases. Since the respiratory system is a bridge between the conscious and the subconscious, we have to harvest the energy of the breath in the right way. Breathing can both be voluntary or involuntary.

In the preparatory breathing techniques we can access how a person uses their breath and how much lung capacity they have. We can increase the lung capacity by expanding the in and exhalation.

The focus is on

1. activating and using all parts of the lungs
10. Normalising the breathing rate
11. Making the breath deep long and continuous

The principles involved are

1. increasing and decreasing the breathing rate
12. Developing awareness of breathing through the movement of different parts of the body

STANDING

Starting pose: Sthiti Tadasana

Relaxing pose: Sithila Tadasana

After each practice observe the changes in your breath and body.

1. Hands in and out breathing

- Eyes closed
- stretch your arms out to the front (at shoulder level)
- Bring hands together
- With the inhalation spread your arms to the sides (horizontal, shoulder-level)
- With the exhalation bring the arms together with the palms touching each other
- Synchronise the arm movements with your breath (the deeper and longer the breath, the slower the arm movement)
- It is important that the chest expands and thereby the ribcage expands. If it is not possible with stretched arms. Slightly bend the arms as you move them back.
- Repeat 5 times
- Relax in Sithila Tadasana
- Observe the changes in the breath and the body (especially shoulders, arms and back of the neck)

2. Hands stretched breathing

- eyes closed
- Interlock fingers on chest
- inhale and flip outward and extend
- bring back to chest on exhale;
- three variations
 1. Arms move straight out parallel to floor
 2. Arms move straight out to forehead level
 3. Arms move straight up to sky; biceps on ears
- repeat each variation 5 times

Note

- *Relax shoulders at the beginning and end of each cycle.*
- *Maintain awareness on the breath*
- *Exhalation should be longer than inhalation*
- *If required, it can be practiced in a chair as well*

3. Ankle stretch breathing

- eyes open, fix the eyes on a point on the wall to help balance
- slowly raise up onto toes and raise the arms with inhale
- down with exhale; arms outstretched, palms face down
- Repeat 5 times, perfectly synchronise the breath and the movement

SEATED

Starting pose: Vajrasana

End pose: Vajrasana

After each practice observe the changes in your breath and body.

1. Dog breathing

- from Vajrasana bend forward
- Hands on the floor, elbows slightly bent
- Curve the spine
- Look straight ahead
- Open the mouth (wide)
- Push out the tongue to its maximum
- Practice rapid, forceful in- and exhalation (expanding and contracting the abdome vigorously)
- 30 seconds

Note

Dynamic breathing is a form of hyperventilation. Do not use for people suffering from epilepsy or high blood pressure.

2. Rabbit breathing

- Rest forearms on the floor, elbows to the side of the knee
- Palms flat on the ground
- Look in front
- Open the mouth
- Tongue should touch the lower lip, resting on the lower set of teeth
- Pant quickly, like a rabbit, using the upper part of the chest
- 20-40 breaths
- Relax in *Sasankasana*

Note

- *breathe through the mouth only*
- *Do not drop the head on the floor*

3. Tiger breathing

- Come to all fours
- curve spine up then down (like cat and cow)
- inhale while looking up
- exhale while arching spine and looking down, chin to chest

4. Sasankasana breathing

- Eyes closed
- put the hands behind your back
- Make a fist with the right and hand hold the right wrist with the left hand

- Relax the shoulders
- With inhalation bend backwards (opening up the chest)
- With exhalation bend forward, bringing the forehead to the ground
- 10 rounds

SUPINE

1. Alternate legs

- lie on your back
- Hands above the head
- Inhale and simultaneously raise right leg up to 90°
- Exhale and return the leg to the floor
- Inhale and simultaneously raise left leg to 90°
- 10 rounds

2. Both legs

- lie on your back
- Raise both legs (straight) to 90° while inhaling
- Return the legs to the floor (straight) while exhaling
- 5 rounds

Practical exercise in class (shows expansion and extension of breath/lungs)

1. breathe 1 minute as normal
2. breathe 1 minute with awareness on the breath

Guidelines

- 10-15 breaths per minute = good, healthy long lifespan
- 15-18 = shorter lifespan (i.e. turtles take 1 breath per minute & live 300 years, elephants are similar)

PREPARATORY KRIYAS

ANUNASIKA BREATHING

Cleansing by inhalation and exhalation

Sthiti: Any Meditative Posture

13. Exhale completely
14. Inhale through both nostrils and hold the breath for a few seconds.
15. Blast out the air through both nostrils in short burst, until the lungs are completely empty.
 1. Repeat 5 times.
16. close the right nostril using the thumb of the right hand
17. Inhale through the left
18. hold for a few seconds and blast out through left nostril in short bursts of air
19. Repeat several times.
20. Next, close the left nostril using the ring and the little fingers of right hand
21. hold a few seconds and then blast all the air out through the right nostril
 2. Repeat for several times
22. Repeat the complete process several times using alternately both the nostrils

This type of breathing clears the respiratory passage and purifies the sinuses in the skull.

MUKHA DHAUTI

Cleansing through a single blast breath

Sthiti: Tadasana

1. Spread the legs apart by 2 feet.
23. Lean forward and place the hands on the knees.
24. Inhale deeply through the nose and expel the air forcibly as in a jet through the mouth
25. This is effected by contracting the diaphragm as prolonged exhalation.
3. *Repeat several times*

Good after running, do 3 rounds and the exhaustion will be gone immediately.

MUKHA BHASTRIKA

Cleansing through hyperventilation

Sthiti: Vajrasana

1. Kneel down, with the heels together and sit erect.
26. Inhale fully.
27. While exhaling in a series of expulsions of the breath through the mouth, (keeping the lips puckered as if you are going to whistle) bend forward and rest the head on the ground in front of the knees. The expulsions are done with the help of the abdominal muscles.
28. Inhale, come up slowly.
4. *Repeat several times.*

The purpose of Mukha Bhastrika is to reduce the level of carbon di-oxide present in the body. Also a cleansing practice.

VITALISING PRANAYAMA

KAPALABHATI

SKULL SHINING

Kapala = „forehead, skull“

Bhati = „light, splendour, knowledge shining“

A practice that brings a state of light or clarity to the frontal region of the brain.
Reduces heat in the brain.

There are 4 techniques of Kapalabati

1. Surya = Forceful exhalation through the right nostril
2. Chandra = Forceful exhalation through the left nostril
3. Alternating = Forceful exhalation through alternating nostrils alternately (closing the right and the left nostrils in Nasika Mudra)
4. Both simultaneously

3 stages of Kapalabhati

Slow, moderate, fast

Focus on exhalation

Exhalation = active

Inhalation = passive

Instructions

1. Sit in any meditative posture.
5. Keep your spine and neck erect perfectly
6. Close the eyes and relax the shoulders.
7. Relax the whole body completely including the face

8. Practice (rapid) breathing with active and forceful exhalation and passive inhalation.
9. During each exhalation, blast out the air by vigorous flapping movements of the abdomen in quick succession.
10. Inhale passively by relaxing the abdominal muscles at the end of each exhalation.
11. The goal is to repeat the forceful exhalation for 60 strokes per minute (in the beginning if it's difficult 10 to 20 strokes per minute and repeat 2 to 3 rounds)
12. At the end of one minute stop the practice

13. Observe an automatic cessation of breath. There will be no urge for breathing for a few seconds (Kevala Kumbhaka)
14. Simultaneously the mind may experience a deep state of silence, deep state of rest and freshness.
15. Wait until the breath comes back to normal. Automatically you will take deeper and longer breathings (deerga svasa)

If there is no Kumbhaka = Kriya (cleansing practice)
 If you hold Kumbhaka after the Practice = Pranayama

Important

1. Throughout the entire practice the spine must be kept erect without any movement of the trunk, neck or the face.
16. It is important to learn to allow the inhalation to happen automatically by relaxing the abdominal muscles at the end of each quick exhalation.
17. Kapalabhati can be practiced through alternate nostrils by

Caution / Limitations

- hyperactive people
- People with heart diseases should go very slow
- moderate or severe high blood pressure
- Ischemic Heart Disease
- Vertigo
- Epilepsy
- Hernia
- Gastric Ulcer
- Slip Disc
- Spondylosis
- Woman during menses and advanced stage of pregnancy should avoid it

Kapalabhati is an advanced breathing technique. It should be taught by a Yoga teacher. Practice patiently but persistently and try only after becoming proficient in the basic level of pranayama. Keep in mind your limitations during the practice and work through the process accordingly. Be cautious and aware during the breathing exercise if you have respiratory issues like asthma

Kapalabhati can emotionally disturb sensitive people or people suffering from traumata and anxiety (suffocation etc.). If a practitioner struggles with Kapalabhati and becomes very emotional after the

practice or feels restricted in the practice through these emotions, *Nadi Shuudi* should be practiced before the Kapalabati.

Benefits

Physical

1. Brain cells are invigorated.
18. It brings out brightness to face with regular practice.
19. Removes stress from eyes and erases dark circles
20. It balances and strengthen the nervous system.
21. It removes the drowsiness from the body.
22. Generates heat in the body, dissolving the toxins and other waste
23. Improves functions of kidney and liver
24. Enhances blood circulation
25. Enhances digestion
26. Increases metabolic rate, helps weight loss
27. Rejuvenates brain, improves memory and concentration

Therapeutic

1. It provides a nice massage to the abdominal organs -> good for diabetic patients
28. People with digestive problems are highly benefited.
29. It is good for asthmatics and for other respiratory disorders.
30. Helps cure sinus related problems
31. Helps with depression and other mental health issues (gives you a sense of balance and sensibility, making you feel pure and clutter-free)
32. Helps agains hair loss

Spiritual

1. It removes the distractions of the mind and prepares it for meditation.
33. The practitioner achieves a state of *kevala kumbhaka*

Yoga Therapy

Kapalabathi, Vairagya and Cautions

vairagya = determination + affirmation + conviction

What determines the success of a practice or any form of achievement?

-> consistency + vairagya

In learning or healing the most important part is always to keep practicing consistently and stay focused on your determination. The **vairagya** does not only mean determination, it also means affirmation and conviction. Meaning that I myself I am very clear and convinced about my determination. There is no pressure from the outside needed and the decision to follow the **vairagya** is only taken by myself.

One **vairagya** every person has is, to live until the karma is solved. We do not want to die before this mission is accomplished. Therefore we eat the best food, do our exercises etc.

Jaladeco (?) protects the body until the karma finishes.

Other **vairagya** we might have are: strong determination not to take a holiday but to keep studying, commit fully to teaching, to give my best to my children or parents.

To enrich *vairagya* we use *kapalabhati*!

Some people become very restless and disturbed when practicing Kapalabhati. Kapalabhati is a purification technique for cleansing the respiratory tract but also the mind (advanced level). This is why it is also called Skull Shining. For something to shine it needs to be pure and clear. With this purification technique of the subtler body, the restless mind can get very disturbed. Emotions like anger or sadness can arise. The with the body heat the senses and the perception also arises and suppressed feelings can get triggered.

Therefore we prescribe **27 rounds of Nadi Shuddhi** (12 counts) instead of practicing Kapalabhati directly. In Kapalabhati, if practiced properly, the emotions get diluted and the emotions will not erupt in the same intensity anymore.

It can be compared to a voltage in a light bulb. If the voltage is too high for the light bulb, the light bulb will burst. The same way the body might get triggered if the "voltage" (for example speed of kapalabhati) given is too high for the capacity of body.

Family/Marriage

- Duty + responsibility = burden
- Partner = person who helps each other's vairagya
- Marriage = oath to viragya (Hindu wedding: oath to fire and sun = eternal)
- Vision + Mission = close to vairagya, beyond duties and responsibilities (look at knowledge mapping)

We do not strive for happiness in life/marriage.

Happiness and sadness are mind-related entities and can thereby not be sustained. The goal is to be content, not happy, for happiness must always be followed by sadness.

BASTRIKA

BELLOS BREATH

Forceful Inhalation and Exhalation (both active)

Bastrika reduces heat in the abdomen whereas Kapalabhati reduces heat in the brain.

Dynamic practice requiring a large entity of physical energy.

Can be a Kriya (short Kumbhaka = Cleansing technique) or a Pranayama (If the Kumbhaka is long it becomes a Pranayama. Extension of the vital force).

Instructions

1. Sit up tall, relax your shoulders, and take a few deep breaths in and out from your nose.
2. Make sure you sit up straight, with your head aligned with the body
3. Place your hands in *Chinmudra*
4. With each inhale, expand your belly fully as you breathe.
5. Begin Bastrika breathing by exhaling forcefully through your nose
6. Inhaling forcefully at the same rate
7. Make sure the breath is coming from your diaphragm

Variation = hands up and down

Can be done with hand movement (inhale, up, open hands, stretch fingers - out, pull down hands, *Aadi Mudra*)

Awareness on the chest

Count

Start with 30 in one round

120 goal/min

Benefits

- Vitalising, energising

- Metabolic Rate will go up

Caution

- Abdominal surgery
- Hypertension
- Chest issues
- Not for hyperactive people
- Pregnancy
- Epilepsy
- Seizures
- Panic disorders

VIBHAGIYA SVASANA

Sectional Breathing

Adama	Abdominal	Chinmudra	
Madhyama	Thoracic	Chinmaya Mudra	
Ardha Svasa	Clavicular	Aadi Mudra	

Using all 3 parts of the lungs = Full Yogic Breathing

Three types (for beginners, practice 5 times (one inhale and one exhale = 1):

1. **Adhama** (Abdominal / diaphragmatic breathing)
 - a. Air fills lowest lobes of lungs
 - b. Use chin mudra (index and thumb fingers together, other 3 stretched out touching)
 - c. Stomach bulges on inhale
 - d. Stomach squeezes on exhale
 - e. No jerks, keep smooth continuous and relaxing breath
 - f. Awareness at all times on abdomen
2. **Madhyama** (intercostal / thoracic breathing)
 - a. Air fills middle lobes of lungs
 - b. Focus is on lungs/ chest
 - c. Chest expands on inhale (outward and upward movement)
 - d. Chest contracts on exhale
 - e. Chinmaya mudra (thumb and index fingers together as in chin, with other 3 together and curled onto palm)
3. **Adi Svasa** (upper lobar / clavicular breathing)
 - a. Adi mudra (thumb touches base of pinkie, other 3 fingers curl around thumb, hands face down onto thighs)
 - b. Focus is on shoulders
 - c. Raise shoulders on inhale
 - d. Drop shoulders on exhale

FULL YOGIC BREATH

1. Combines all 3 sections from above (Sectional Breathing)
2. Place hands in Brahma mudra onto your navel region (same fingers as adi mudra, middle knuckles together facing each other)
3. On inhale – first focus on filling stomach (expands out), chest, then shoulders
4. On exhale – first focus on expelling from stomach, chest then shoulders

*If student can't feel the stomach or chest movement, have him/ her lay in savasana and do with a small book or hands on chest

Respiration = inhalation, exhalation, pause after exhalation

Inhalation forms active part of the respiration, exhalation passive (phase of relaxation)

The pause arises naturally and lasts until you feel the need to inhale again.

Quite, rhythmic and deep breathing helps harmonising and balancing the body and mind. Whereas shallow breath or rapid breath can intensify nervousness, anxiety, stress, tension or pain.

All breathing exercises should be performed with full awareness. Avoid breathing through the mouth because the nostrils have the ability to filter, moisten and warm the air.

As a child your breath followed the natural flow (inhale = abdomen rises, exhale, abdomen sinks) but over a period of time the natural flow can change to an incorrect breathing without awareness.

Full yogic breath helps bringing the awareness back to the breath and change our negative breathing habits.

Abdominal or vertical breathing

With the inhalation (Puraka) the abdomen gets pushed outwards, the diaphragm gets pushed downwards and the abdominal organs get pushed outward/forward.

Exhalation (Rechaka) pulls the diaphragm upward flattening the abdominal area.

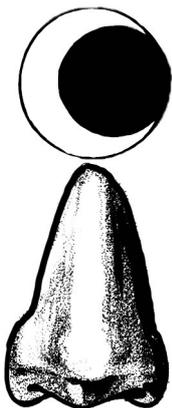
Puraka (inhalation) is active and Rechaka (exhalation) is passive.

Benefits: Abdominal breathing optimizes the lung capacity and makes the breath rhythmic and relaxed.

DHEERGA SVASA

Is a version of the Full yogic breath, but instead of using the Mudras, we place the right hand on the chest and the left hand on the abdomen. This technique is particularly good for beginners. It helps them feel their breath, feel how the different body parts rise and sink.

CHANDRA PRANAYAMA



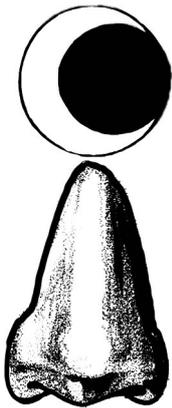
CHANDRA ANALOMA VILOMA

Analoma = „breathing in in a natural direction“

Viloma = “inverted, opposite, reversed order”

- Sit in Vajrasana
- Adopt Nasika Mudra with the right hand
- Rest the left hand on the left knee
- Close the right nostril with the tip of the thumb
- Inhale and exhale through the left nostril

Rounds: 9



CHANDRA BHEDA

Bhedan = „to pierce“

Chandra Bheda focuses on activating the Ida Nadi by breathing in through the left nostril and exhaling through the right nostril. Thereby the parasympathetic nervous system and the right brain hemisphere get activated.

- Sit in Vajrasana
- Adopt Nasika Mudra with the right hand
- Rest the left hand on the left knee
- Close the right nostril with the tip of the thumb
- Inhale through the left nostril
- Close the left nostril with your ringfinger
- Exhale through the right nostril
- Close the right nostril (end of one round)
- Start with an inhalation on the left again

Rounds: 9

Benefits

Physical

- Clears left nasal passage
- Reduces the flow of gall
- Helps get rid of heartbur
- Cools the body down

Therapeutic

- useful for nasal allergy (DNS)
- Helps increase weight
- Good for hyperactive people or people with a lot of pitta
- Calms down the mind and releases mental tension
- Good for high blood pressure
- Good for heart diseases

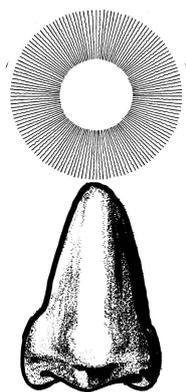
Spiritual

- stimulates the Chandra or Ida Nadi

Caution

- Do not prescribe for people suffering form depression and obese people
- Chandra practices should not be done in winter

SURYA PRANAYAMA



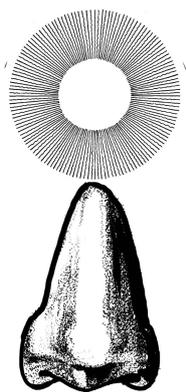
SURYA ANULOMA VILOMA

Anuloma = „breathing in in a natural direction“

Viloma = “inverted, opposite, reversed order”

- Sit in Vajrasana
- Adopt Nasika Mudra with the right hand
- Rest the left hand on the left knee
- Close the left nostril with the ringfinger
- Inhale and exhale through the right nostril

Rounds: 9



SURYA BHEDA

Bheda = „to pierce“

Surya Bheda focuses on activating the Pingala Nadi by breathing in through the right nostril and exhaling through the left nostril. Thereby the left brain hemisphere gets activated.

- Sit in Vajrasana
- Adopt Nasika Mudra with the right hand
- Rest the left hand on the left knee
- Close the left nostril with the tip of the ringfinger
- Inhale through the right nostril
- Close the right nostril with your thumb
- Exhale through the left nostril
- Close the left nostril (end of one round)
- Start with an inhalation on the right again

Rounds: 9

Benefits

Physical

- Clears right nasal passage
- Heats the body up
- Increases digestion

Therapeutic

- useful for nasal allergy (DNS), asthma, cold
- Helps lose weight
- Removes Kapha imbalance
- Good for depressed or low energy level people
- Good for low blood pressure

Spiritual

- stimulates the Surya or Pingala Nadi

Caution

- Do not prescribe for people suffering form heart diseases
- Do not prescribe for people with high blood pressure

- Do not prescribe for people with a lot of pitta or acidity
- Do not practice if you have fever or diarrhoea

Yoga Therapy

These breathing exercises and pranayamas can be used for therapeutic purposes. To feel a benefit the practitioner has to do **27 rounds 4 times a day** (before breakfast, before lunch, before dinner, before sleep)

BALANCING PRANAYAMA

NADI SHUDDHI

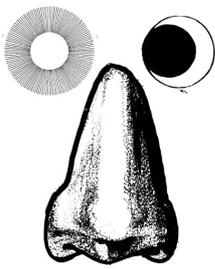
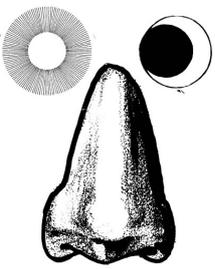
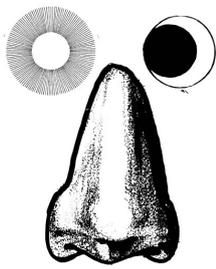
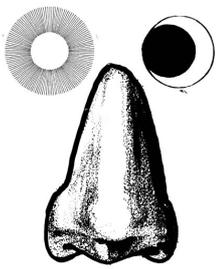
Nadi Shodana or Nadi Suddhi Pranayama

Shodana = „cleanse“

Nadi Shuddhi is a practice in which the Nadis are purified and regulated. No matter where the imbalance sits, in the physical or mental body, the practice of Nadi Shoodi can restore equilibrium. There are variations where the Nadi Shoodi is practiced with Kumbhaka, but in the beginning it should be practiced without Kumbhaka and the inhalation and exhalation should have the same length (for example: inhale 5 exhale 5). Once the practitioner becomes more confident the breath should be extended to a ratio of 1 to 2 (for example: inhale 5 exhale 10)

Instructions

- Sit in Vajrasana
- Adopt Nasika Mudra with the right hand
- Rest the left hand on the left knee

			
Inhale through the left nostril	Exhale through the right nostril	Inhale through the right nostril	Exhale through the left nostril
Close right nostril with the thumb	Close left nostril with the ringfinger	Keeping the left nostril closed with the ringfinger	Closing the right nostril with the thumb (end of one round)

Rounds at least 9
Benefit

When the balance in the autonomic nervous system is restored, the root causes of many diseases can be eradicated. It helps to maintain the pineal gland and thereby influence the pituitary gland and the flow of hormones throughout the body. By activating the frontal brain (Ajna Chakra) it brings tranquility, clarity of thought and concentration. It helps with depression and mood swings. By balancing the Nadis, the chakras get activated and the prana can flow freely through every system. It brings a calm vitality and helps prepare one to enter the higher meditative states.

Physical

- clears both nostrils
- Balances both nostrils
- increases the vitality
- Metabolic rate decreases
- Increases digestive fire and appetite
- Root cause of many diseases can be eradicated by balancing the nadis
- Helps maintain the pineal gland

Therapeutic

- calms down and balances the mind
- Good for emotional people, helps balance their emotions
- lowers levels of stress and anxiety
- Beneficial with respiratory disorders such as bronchial asthma, nasal allergy, bronchitis etc.
- Helps with depression and anxiety

Spiritual

- induces tranquility, clarity of thought and concentration
- Clears pranic blockages
- Balances ida and pingala nadi, which causes the sushumna nadi to flow
- Free flow of the Sushumna nadi leads into a state of meditation or spiritual awakening

Limitations

- no limitations
- One of the safest pranayama techniques

If you feel headache or heaviness, headache, giddiness uneasiness it means you are exerting too much pressure on your lungs.

UJJA PRANAYAMA

VICTORIOUS BREATH, PSYCHIC BREATH, OCEAN BREATH

Ancient Yogic Breathing Technique

Uj = upward/superior

Jay = Conquest/victory/triumph

1. Sit in a comfortable seat position
 - Back straight
 - Head and spine aligned
2. Hands rest on the knees in Chinmudra
3. Eyes, face and whole body relaxed
4. Close your eyes
5. Be aware of the breath in your nostrils

6. Move the awareness on the throat
7. Feel the in- and exhalation through the throat
8. Contract the glottis to produce a soft snoring sound (or the sound of the waves)
 - Inhalation soo sound
 - Exhalation aaa sound

Rounds 10

Benefits

Physical

- *relaxing and energising at the same time _*
- *Activates glottis*
- *Strengthens the vocal chord (helps thyroid glands, voice box, singing practice etc.)*
- *Clears lungs and nasal cavity*
- *Calms down the mind*
- *Removes phlegm*
- *Soothes the nerves*
- *Reduces the risk of diseases caused by accumulation of bile, wind or phlegm*
- *Stimulates the thyroid gland*

Therapeutic

- *Good for diseases of lungs, throat*
- *Good for hypertension*
- *Relieves insomnia*
- *Good for singers*
- *Helps alleviate indigestion and irregular bowel movements*
- *Pain reduction*
- *Helps with migraines_*

Spiritual

- *by stimulating the thyroid gland, the vishuddi chakra gets activated which is the bridge between the upper chakras of the head region and the lower chakras*

Caution

- *Not for cardiac problems and high blood pressure*
- *Don't do it with a bandha*

COOLING PRANAYAMA

- I. Sheetalī (roll tongue)
- II. Sitkari (fold tongue inside)
- III. Sadantha (teeth together)

Sheetali

- Sit comfortably in a meditative position
- Look straight, spine erect, head aligned with the spine
- Roll tongue and slide it out a little bit
- Close your eyes

- breathe in through the folded tongue
- Pull the tongue in
- Close the mouth
- Exhale slowly through the nose

Sitkari

- Sit comfortably in a meditative position
- Look straight, spine erect, head aligned with the spine
- Fold the tongue and place it behind the teeth
- Close your eyes
- There should be a gap between the teeth and the inside of the cheeks
- Breathe in through the gap
- Pull the tongue in
- Close the mouth
- Exhale slowly through the nose

Sadhantha

- Sit comfortably in a meditative position
- Look straight, spine erect, head aligned with the spine
- Gently press teeth together
- Close your eyes
- Breathe in through the teeth
- Close the mouth
- Exhale slowly through the nose

<p>Benefits</p>	<p><u>Physical</u></p> <ul style="list-style-type: none"> - relaxing jaw muscles - Cooling effect - Sympathetic and parasympathetic system (nervous system) - Soothes eyes, ears and face region - Quench thirst and hunger - Satisfaction - Makes Taste buds more sensitive - Purify lung <p><u>Therapeutical</u></p> <ul style="list-style-type: none"> - Helps with <u>allergies</u> due to cold - Reducing <u>tension and stress</u> - <u>Mental</u> tranquility - Keep <u>teeth and gums</u> healthy - Produce <u>blood pressure</u> - <u>Indigestion</u> - Chronic <u>skin diseases</u> - Good for <u>Migraines</u>
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	<p>Spiritual</p> <ul style="list-style-type: none"> - Helps with the 3 dimensional awareness
Limitations	<ul style="list-style-type: none"> - cool body - Low blood pressure - Cold, bronchitis etc. - Missing teeth, sensitive teeth, retainers, denches (no Sadanta) - Cold countries
Repetitions	<p>9-27 Yoga Therapy 27times/4 times a day before lunch</p>

RESOUNDING PRANAYAMA

NADANUSANDANA

Resounding Pranayama

- A) Abdominal = Adhama = A kara
- B) Thoracic = Madyama = U kara
- C) Clavicular = Adisvasa = M Kara
- D) Full breath = AUM

Abdominal

9. Sit in a comfortable seated position
 - Back straight
 - Head and spine aligned
10. Eyes and face relaxed
11. Close your eyes
12. Focus your awareness on the abdomen
13. Hand rest on the knees in *Chinmudra*
14. start with exhalation
15. Inhale slowly and completely

16. Exhale and chant A-kara in a low pitch
17. Feel the resonance in the abdomen and the lower parts of the body
18. Repeat for up to 9 times

Thoracic

1. Stay seated and relaxed with closed eyes
19. Bring hands Chinmaya Mudra
20. Bring awareness on the Chest
21. Exhale
22. Inhale slowly and completely
23. Exhale and chant U-kara in a low pitch
24. Feel the vibration in your middle part of the body
25. Repeat for up to 9 times

Clavicular

1. Stay seated and relaxed with closed eyes
26. Bring hands Aadi Mudra
27. Bring awareness on the Collarbone and shoulder region
28. Exhale
29. Inhale slowly and completely
30. Exhale and chant M-kara
31. Feel the vibration in your upper part of the body
32. Repeat for up to 9 times

Full

1. Stay seated and relaxed with closed eyes
33. Bring hands Brama Mudra
34. Inhale into the abdomen and with exhalation start chanting A-U-M
35. Feel your awareness and sound travelling up
36. Feeling the vibration in each body part
37. Repeat for up to 9 times

Nadaanuschantana

Start in Vajrasana

- 9 A-kara Chinmudra (focus on lower part of the body)
- 9 U-kara Chinmaya Mudra fold fingers in (focus on the middle part of the body=)
- 9 M-kara Aadi mudra (focus on the head region)
- Complete A-U-M Brama mudra (both hands in Aadi mudra on abdomen, knuckles touching)

Caution

Benefits

BHRAHMARI

Female bee

in through nose

Breathe out „n“ (sound like in king, sing, ring), low pitch

Can be done with Shanmudji Mudra (closeing ears with the thumb, spreading the fingers like little finger on chin, ringfinger above upper lip, middle finger on upper part of the nose, towards the eyes, index finger on forehead)

Close ears

Breathe

Khecari Mudra

BRAMMARA

Male bee

Breathe in making a n sound (high pitch)

VOCABULARY

Abhyantara Kombaka	
Alveoli	
Analome	
Anandamaya Kosha	
Annamaya Kosha	
Antar Kombaka	
Apana	
Atmapuri	City of the soul Annamaya Kosha + Pranamaya Kosha
Aura	
Bastrika	
Bhahir Kombaka	
Bhanda	
Bheeja Sound	
Bramma Mukta	
Brammamurtha	
Chakra	
Chandra Analome Vilome	
Chandra Bedha	
Dasa Kosha	
Devadatta	
Dhananjaya	
Doshas	

Gunas	<i>The three qualities of nature.</i>
Haphazardness	
homeostasis	
Ida Nadi	
Kapalabati	
Kapha	
Kevala Kumbhaka	
Kirilian Photography	
Kumbhaka	
Kosha	
Kriya	
Krkala	
kshetram	(Triggerpoint of the Ajna Chakra)
Kurma	
Manomaya Kosha	
Nadi	
Naga	
Pancha	
Pancha Kosha	
Phantom Pain	
Pingala Nadi	
Pitta	
Prana	
Prana	
Pranamaya Kosha	
Puraka	
Rajas	
Rechaka	

Samana	
samskaras	
Sasankasana	
Sattwa (?)	
Sattwika food	
Surya Analome Vilome	
Surya Bedha	
Sushumna Nadi	
Tamas	
Trataka	
Udana	
vairagya	Determination + affirmation + conviction
Vatha	
Vijnanamaya Kosha	
Vilome	
Vyana	
Yama	

LITERATURE

