

PRANAYAMA Segment I/ Part 1/ Yogic Breath 1

Switch off all distractions, including tv, computer, cell phone.

Sit on firm surface, so that spine is upright and chest is open.

1. Nerve Cleansing/ **Nadi Shuddhi:** (clears nasal passage)

Fold in first two fingers on right hand; extending other three.

Left hand on left knee; thumb and index touch. Close eyes.

Cleansing of Left Channel (Chandra Bhedan) -

Press the right thumb lightly at the base of the right nostril.

Inhale through left nostril (belly/ midriff/ chest) 5 seconds.

Press right ring finger lightly at the base of the left nostril.

Hold right thumb and right ring finger down 5 seconds.

(Visualize fresh oxygen wash up and down your spine).

Exhale from left nostril (chest/ midriff/ belly) 10 seconds).

Cleansing of Right Channel (Surya Bhedan) -

Press right ring finger lightly at the base of the left nostril.

Inhale from right nostril (belly/ midriff/ chest) 5 seconds.

Press right thumb lightly at the base of the right nostril.

Hold right thumb and right ring finger down 5 seconds.

(Visualize fresh oxygen wash up and down your spine).

Exhale right nostril (chest/ midriff/ belly) for 10 seconds.

This is one round; takes 1 minute. Do 3 rounds early morning (5-8).

With time, increase length/ frequency of each round to 1-2 minutes.

PRANAYAMA Segment I/ Part 1/ Yogic Breath 2

2. Alternate Nostril/ **Anulom Vilom**: (activates brain function)
Fold in first two fingers on right hand; extending other three.
Left hand on left knee; thumb and index touch. Close eyes.

Cleansing of Alternate Channels

Moon Channel/ *Pingala* (left nostril) -

Press the right thumb lightly at the base of the right nostril.

Inhale through left nostril (belly/ midriff/ chest) 5 seconds.

Press right ring finger lightly at the base of the left nostril.

Hold right thumb and right ring finger down 5 seconds.

(Visualize fresh oxygen wash up and down your spine).

Exhale right nostril (chest/ midriff/ belly) for 10 seconds.

Sun Channel/ *Ida* (right nostril)-

Press right ring finger lightly at the base of the left nostril.

Inhale through right nostril (belly/midriff/chest) 5 seconds.

Press right thumb lightly at the base of your right nostril.

Hold right thumb and right ring finger down 5 seconds.

(Visualize fresh oxygen wash up and down your spine).

Exhale left nostril (chest/ midriff/ belly) for 10 seconds.

This is 1 round; takes 1 minute. Do 3 early cycles (5-8).

Note - With time, increase length/ frequency to cover 1-2 minutes.

Drink hot water frequently, especially before & after each practice.

PRANAYAMA Segment I/ Part 2/ Yogic Breaths 3 & 4

Switch off all distractions, including tv, computer, cell phone.

Sit on firm surface, so that spine is upright and chest is open.

3. Breath of Fire/ **Kapalbhati** (untangles the mind)

Inhale deeply and fully from the belly, all the way up to the lungs.

Forcefully exhale in short sharp bursts, until all the air is exhausted.

Each burst is considered one stroke; aim for 30 strokes a minute.

Once lungs, midriff, and belly are fully collapsed, repeat inhale.

With hands on knees, keep all parts of body still, except the belly.

Caution – Keep eyes closed. If you feel any breathlessness, stop.

4. Bellows Breath/ **Bhastrika** (enhances digestion)

Sit upright; take a deep, full inhale, moving from belly, midriff, lungs.

Forcefully exhale and inhale through belly, with loud, strong sounds.

Keep pumping belly in and out until all air is exhausted from lungs.

One full inhale/ exhale is one stroke; begin with 10 strokes/ minute.

As the abdominal muscles get stronger, aim for 30 strokes/ minute.

Caution - Keep your eyes open. If you experience dizziness, stop.

Note – Techniques 3 & 4 are high energy, keeping us alert late a.m. (8-11).

With time, increase number of strokes to travel at least 2-3 minutes.

Drink hot water frequently, especially before & after each practice.

PRANAYAMA Segment II/ Part 1/ Yogic Breaths 5 & 6

Switch off all distractions, including tv, computer, cell phone.

Sit on firm surface, so that spine is upright and chest is open.

5. Cooling of Teeth/ **Shitali** (moistens the mouth)
Sit upright, chin parallel to the ground; hands on lap, palms down.
Curl tongue sideways so the tip rests lightly on ridge of upper teeth.
(Like a tube placed sideways inside mouth, with both ends open).
With mouth open, inhale sharply through sides, till saliva bubbles.
Close mouth, chin down, hold; then release softly through mouth.
This is one cycle. Takes one minute. Practice three cycles a day.

6. Cooling of Spine/ **Shitkari** (relaxes the spine)
Sit upright, chin raised slightly; hands on lap, palms facing down.
Curl the tongue from sides, stick it out like an open-ended tube.
(Hold the tongue lengthwise, lips gripping the sides with no gap).
Slurp in air forcefully, like nectar/ soma washing down the spine.
Draw tongue in, close mouth, hold; exhale gently through mouth.
This is one cycle. Takes one minute. Practice 3 cycles each day.

Note – Techniques 5 & 6 are cooling breaths for early afternoons (11-2).

With time, increase length of each breath cycle to last 1-2 minutes.

Drink hot water frequently, especially before & after each practice.

PRANAYAMA Segment II/ Part 2/ Yogic Breaths 7 & 8

Switch off all distractions, including tv, computer, cell phone.

Sit on firm surface, so that spine is upright and chest is open.

7. Lion Breath/ **Simha Prana** (releases stress)

Sit on the heels, knees splayed, palms facing down in front of knees.

Straighten arms, elbows facing out, fingers extended, facing inward.

Chest puffed, head facing up, inhale deep and strong through nose.

Stick tongue out fully, chin to chest, exhale with a loud "ha" sound.

This is one cycle. Takes one minute. Practice three cycles each day.

Note - *Simha Prana* may be considered static version of *Kapalbhati*.

8. Dog Breath/ **Svana Prana** (eliminates toxins)

Sit on the heels, knees together, palms facing down in front of knees.

Straighten arms, elbows slightly bent, extended fingers facing forward.

Chin up, inhale long and deep through nostrils, breathing from belly.

Stick tongue out partially, exhale and inhale in 10 short sharp strokes.

This is one cycle. Takes one minute. Practice three cycles each day.

p.s. – *Svana Prana* may be considered a gentler version of *Bhastrika*.

Note - Techniques 7 & 8 are energizing; practiced best late afternoons (2-5).

With time, take deeper inhales to increase the intensity of each round.

Drink hot water frequently, especially before and after each practice.

PRANAYAMA Segment III/ Part 1/ Yogic Breaths 9 & 10

Switch off all distractions, including tv, computer, cell phone.

Sit on firm surface, so that spine is upright and chest is open.

9. Ocean Breath/ **Ujjayi** (energizes whole body)

Place both hands on respective knees; thumb and index touching.

Chin is level with the floor – i.e. parallel; shoulders back. Close eyes.

With mouth closed, full inhale back of throat, belly, lungs, 5 seconds.

Chin to chest, 5 seconds; exhale fully with hissing sound, 10 seconds.

This is one breath; practice 3 breaths a day; and during stretching.

10. Sealing Gesture/ **Shanmukhi** (refreshes facial muscles)

Index finger below eyebrows, middle finger at base of nostril.

Ring finger is above the upper lip, little finger below lower lip.

Thumb on tragus (small cartilage stub at the entrance of ear).

Inhale deep; press and hold; exhale with soft humming sound.

This is one cycle. Takes one minute. Practice 3 cycles a day.

Note – Techniques 9 & 10 are mildly energizing; practiced early p.m. (5-8).

With time, increase length/ frequency of each round to 1-2 minutes.

Drink hot water frequently, especially before & after each practice.

PRANAYAMA Segment III/ Part 2/ Yogic Breaths 11 & 12

Switch off all distractions, including tv, computer, cell phone.

Sit on firm surface, so that spine is upright and chest is open.

11. Bumble Bee/ **Brahmari** (calms the brain)

Thumbs on tragus (small cartilage stub at entrance of ear).

Open palms, fingers outstretched partially above the crown.

Two fingers each front-to-back over respective cranial lobes.

Inhale deep, press and hold, exhale with soft humming sound.

This is one cycle. Takes one minute. Practice 3 cycles a day.

12. Sound of OM/ **Omkara (a+u+m)** (rejuvenates body & mind)

Place right palm below the navel, and left palm over heart; begin.

Inhale deeply through nose - start from belly, midriff, and into lungs.

Exhale from mouth "a" from belly + "u" from heart, + "mm" in brain.

Maintain vocalized sound of "a+u+m" (1:1:4), until all air is expelled.

This is one round; takes 1 minute. Do 3 rounds in the late evenings.

Note – Techniques 11 & 12 are calming breaths, good for bedtime (8-11).

With time, increase length of each breath cycle to last 1-2 minutes.

Drink hot water frequently, especially before & after each practice.