



The Power of Pranayam Growth, Renewal & Optimism – Week 2

May 8, 2024

6 rounds – Spinal Breathing

- Place your awareness at the base of your spine
- Inhale through your nose and, as you begin filling the abdominal area with air sense your awareness, energy of a white light begins to move up your spine
- Continue with your inhalation, and, as you fill your rib and chest are with air, sense your awareness, energy of white light continues to move up your spine
- As your inhalation reaches your collarbone area, sense your awareness is moving to the top of your head
- Exhale through your nose, bringing your awareness down as you exhale air first from the collarbone area, then chest, rib and abdominal areas. Your awareness ends up back at the base of your spine

Ashtanga pranayama sequence

3 rounds — Ujjayi Breath

- Tense the glottis at the back of your throat as you inhale through your nose
- Retain your breath, applying Jalandhara and Mula bandhas
- Release both locks, close your right nostril with your right thumb & exhale through your left nostril

3 rounds — Rechaka and Puruka Kumbhaka

- Rechaka – do this breath 3 times
 - Inhale through your nose for a count of your choice (Anywhere from 3-6)
 - Exhale through your nose for the same count
 - Hold your breath out for the same count
- Puruka – do this breath 3 times
 - Inhale through your nose for a count of your choice (Anywhere from 3 -6)
 - Retain your breath for a slightly longer count than you held your breath out in Rechaka. Example, if you held your breath out for 4 in Rechaka, then retain your breath for 5 in Puruka

3 rounds – Ujjayi Breath

- Tense the glottis at the back of your throat as you inhale through your nose
- Retain your breath, applying Jalandhara and Mula bandhas
- Release both locks, close your right nostril with your right thumb and exhale through your left nostril

3 rounds — Nadi Sholdhana (Variation of Alternate Nostril Breathing)

- Do the same count for the inhale, retaining your breath, exhale and holding your breath out. Do Part 1 three times
 - Inhale through both nostrils
 - Exhale through left nostril, no retention
 - Inhale right, retain your breath and exhale left, hold the breath out
 - Inhale left, retain your breath and exhale right, hold the breath out

- Inhale right, retain your breath and exhale left and hold your breath out
- Part 2 – Do Part 2 three times
 - Do this three times
 - inhale right, retain your breath and exhale right and hold your breath out
 - Do this three times
 - Inhale right, retain your breath and exhale left and hold your breath out

3 rounds – **Ujjayi Breath**

- Tense the glottis at the back of your throat as you inhale through your nose
- Retain your breath, applying Jalandhara and Mula bandhas
- Release both locks, close your right nostril with your right thumb and exhale through your left nostril

3 Rounds – **Bastrika**

- Take a natural inhale and exhalation
- Do a passive inhalation with muscles relaxed
- To exhale contract your abdominal muscles sharply, raising the diaphragm and forcing air out of the lungs
- The exhalation should be brief, active, and audible, while the inhalation is longer, passive, and silent
- Do only 5 pumpings for each round

3 rounds – **Ujjayi Breath**

- Tense the glottis at the back of your throat as you inhale through your nose
- Retain your breath, applying Jalandhara and Mula bandhas
- Release both locks, close your right nostril with your right thumb and exhale through your left nostril

3 rounds – **Surya Bedha**

- Inhale slowly through your right nostril, closing your left nostril with your ring finger and pink of your right hand
- Close both nostrils and retain your breath, pressing your chin against your chest in Jalandhara Bandha
- Keep your right nostril close with your thumb, and exhale through the left nostril
- Gradually increase the length of retention

3 rounds – **Ujjayi Breath**

- Tense the glottis at the back of your throat as you inhale through your nose
- Retain your breath, applying Jalandhara and Mula bandhas
- Release both locks, close your right nostril with your right thumb and exhale through your left nostril

3 rounds – **Sitali (Crows' Breath)**

- Curl your tongue so it is kind of like a straw and inhale
- Close your mouth and retain your breath
- Exhale slowly through your nose

3 rounds – **Om Pranayam**

- Inhale through your nose
- As you exhale, chant Om, raising your hands and radiating out refreshing, rejuvenating, reinvigorating energy to others