



Power of Pranayam Class Pranayam Routines from the July 7, 2020

Remember to use the pranayams at different times and in different ways, depending on what's going on with your health, nervous system and energy level. Never overdo pranayams because they are very powerful.

Health, Building the Immune System – If you are not feeling good

15-minute routine

5 minutes -- Count out breath

8 minutes -- Ramacharaka Pranayams: complete breath, cleansing breath, lung stimulation, retained breath and nerve stimulation breath

3 minutes -- Purification breath

Health, Building the Immune System – When you are feeling OK

30-minute routine

5 minutes -- Count out breath

2 minutes – 10-10-10 breath

8 minutes -- Ramacharaka Pranayams: complete breath, cleansing breath, lung stimulation, retained breath and nerve stimulation breath

3 minutes – Surya Bheda

2 minutes – Purification breath

3 minutes -- Kapala Bhati

3 minutes - Ujjayi Breath

4 minutes – Down Currents Breath

Stilling the Mind for Stress Reduction and Deeper Meditations

15-minute routine

2 minutes - Sitkari (cooling and calming)

2 minutes - Ujjayi breath

3 minutes - Surya Bheda

6 minutes -- 3 Mind stilling pranayams (10-10-10; 10-10-10 with alternate nostril breathing; 10-10-10 at the 3rd eye)

2 minutes - Down currents breath

Deeper Meditations/Stimulating the Kundalini

20-minute routine

2 minutes – Udgeeth or Murcha Pranayams

6 minutes -- Mind Stilling Pranayams

3 minutes -- Chakra piercing or inhale up chakras; exhale down the chakras

2 minutes - Three Bandhas and Uddiyana Bandha

2 minutes -- Fire Breathing

2 minutes -- Cannon Breath

3 minutes -- The Atomic Bomb

Energy, Vitality/Stimulating the Kundalini

16-minute routine

2 minutes – Ujjayi breathing

2 minutes -- Chakra opening – inhale up the chakras; exhale down the chakras

3 minutes -- Guruji Purification breath

6 minutes -- 3 steps – Fire breathing; Stikati; step breathing

3 minutes – Atomic Bomb