



Pranayam Routines from July 14, Power of Pranayam Class Cleansing, Purification, Health & Deeper Meditation

15-minute routine

- 3 minutes - Surya Bheda
- 3 minutes -- Midyam Pranayam
- 3 minutes - Nauli Kriya
- 2 minutes - Ujjayi/kumbhaka
- 4 – minutes Samanu

Samanu

- *Focusing on Anahata/heart chakra, mentally repeat yam 8 times while inhaling through the left nostril; 32 times while you retain; and 16 times while you exhale through the right nostril*
- *Focusing on the Manipura chakra (navel) mentally repeat ram 8 times while inhaling through the right nostril; 32 times while retaining; 16 times while exhaling through the left nostril*
- *Focus on the tip of the nose (moon center) and mentally repeating Tam 8 times as you inhale through the left nostril; retain for 32,*
- *exhale through the right nostril for 16 Lams, switching your focus to the Muladhara, root chakra*

Stress Reduction, Focus, Centering

15 minutes Routine

3 minutes - Ujjayi Variation

- *Inhale fully through both nostrils while slightly closing the glottis*
- *Faint sobbing sound as the air is drawn past the back of your nose*
- *Retain the breath holding Jalandhara and Moola bandhas.*
- *Release the two locks, close your right nostril with your right thumb and exhale through the left nostril.*

2 minutes - 8-stroke breath

2 – minutes - Purification variation – exhale/inhale rapidly

3 minutes - Kapalabhati

2 minutes - Fire Breathing – Either variation

3 minutes - Sithali – Crow's breath

Vitality, Stimulating the Kundalini

15-minute Routine

2 minutes --4/4 Energizing Breath

4 minutes - Chakra Piercing

3 minutes - Purification – Variation

- *Inhale through the left nostril and chant 12 Hums. As your mind descends to this red triangle at the muladhara. Fiery red triangle with the point down.*
- *Mind descends through the red triangle visualized in your muladhara.*
- *You then hold your breath as you chant 12 or more Rangs, visualizing fire, burning there, in this triangle. Burning away your impurities. Just burning. Burning. As you hold your mind and your breath at the muladhara.*
- *Then, comes the time to exhale. Continue to visualize fire as you bring your mind up the right side, you think of your mind up the right side, breathing out through the right nostril, chanting 12 Rangs.*
- *Then reverse.*

3 minutes - Bastrika – variation with the hold and Uddiyana Bandha

3 minutes - Atomic Bomb