



Pranayam Routine Variations for the July 21, 2020 Power of Pranayam Class

Stress reduction, Focus, Centering

15 minutes

3 minutes – Sithali instead of Ujjayi

2 minutes – Brahmari

3 minutes – 4-7-8 breath instead of 8-stroke breath

- Close your mouth and inhale quietly through your nose for a mental count of 4
- Hold your breath for a count of 7
- Exhale completely through your mouth, making a whoosh sound to a count of 8
- That is one breath

3 minutes – Kapalabhati

2 minutes – Alternate nostril breathing – using a 10-10-10 count (instead of fire breathing)

2 minutes down current breath

Energy, Vitality/Stimulating the Kundalini

15 minutes

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 your 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 – Chakra opening – inhale up the chakras; exhale down the chakras

3 minutes – 3 bandhas & Uddiyana bandha (Instead of Purification Pranayam 4)

3 minutes – Kapalabhati (Instead of 3 steps: fire breathing; sthati; step breathing)

4 minutes – Kundalini Awakening Pranayam (Instead of Atomic bomb)

- Awareness in the Muladhara Chakra – tailbone and visualize a triangle with the point down
- Close the right nostril with the right thumb and inhale through the left nostril, visualizing energy moving down the left side of the spine, down to the Muladhara, gently tapping the triangle 3 times. You can chant Om or Lam (Muladhara bija mantram).
- Exhale and visualize or feel the energy coming up the left side of the spine to either the nose of 3rd eye.
- Next, block the left nostril with the right ring and little fingers, inhale through the right nostril, visualizing or feeling the energy going down the right side of the spine to the Muladhara, tapping the triangle 3 times. You can chant Om or Lam
- Exhale and visualize or feel energy coming up the right side of your spine to the 3rd eye