



## Calm Mind & Greater Vitality Pranayam Routine from 8-4-20 Class

### Calm Mind & Greater Vitality

#### 18-minute Routine

2 minutes – Sithali

2 minutes – Mindful Breathing

2 minutes – Ujjayi breath variation

6 minutes – 3 Mind stilling pranayams (10-10-10; 10-10-10 with alternate nostril breathing; 10-10-10-at the 3<sup>rd</sup> eye)

2 minutes -- Whistle Breath

4 minutes -- *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

### New Purification Kundalini Stimulating Pranayam

- **Mudra:** Interlace all of your fingers, except for your ring fingers. Point them down between the palms and cross them, pressing the pads fingers together. Close the palms together and squeeze. Place the mudra in front of the Heart Center. Keep your elbows pressed into the sides of the body.
- Eyes only 1/10 open looking slightly down through eyelashes
- **Breath:** Inhale in 4 equal sniffs through your nose, filling up your lungs, try to engage your navel, bringing it out a little further each inhaling sniff.
- Exhale in 4 equal sniffs through your nose, pushing all the air from the lungs in 4 equal parts, again use your navel, pull it in towards your spine on each exhaling sniff.
- On every inhalation chant So, and on every exhalation chant Hum
- **To end:** Inhale deeply in one stroke, hold the breath in a relaxed manner, feeling the expansion from within and then gently exhale in one stroke, relaxing the mudra. Rest your hands on your knees and observe the effect of this pranayama, feel the sensations in your physical body and observe your mind.