



## Health, Building the Immune System – When you are feeling OK For 8/11/20 Class

### 23-minute routine

3 *minutes* -- Count out breath

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

2 minutes – Midyam Pranayam

3 *minutes* – Surya Bheda

2 *minutes* – Bastrika with variation

3 *minutes* – Whistle breath

2 minutes – Down Currents Breath

### How to do the Whistle Breath:

- Pucker the mouth.
- Concentrate at the Third Eye Point.
- Inhale, making a high-pitched whistle.
- Exhale through the nose.

Variation: • Inhale through the nose and exhale with a whistle through the lips. Listen to the high-pitched sound as you breathe.

### William Hoff Pranayam – Controlled Breathing Technique

How to do it:

- While sitting in a comfortable place, take 15-30 quick, deep **breaths**, inhaling through your nose and exhaling through your mouth.
- Then, take a deep **breath** and exhale; hold until you need to **breathe** in.
- Inhale again, as deep as you can, and hold it for at least 10 seconds.
- Repeat as many times as you like