



The Five Kinds of Prana (Life Force) Vayus (Flows) *Pranayams to harmonize and increase them*

Apana Prana (Downward Air)

Downward air functions from the navel to the soles of your feet. Its normal movement is downward. It controls digestion, elimination, reproduction and child delivery. It carries the kundalini upward to unite with the Prana Vayu.

Technique for harmonizing and increasing Apana Prana:

Do this prep breath for 2 minutes:

- Inhale normally – (more emphasis on the exhalation in the pranayama.)
- Slowly exhale being aware of the downward flow of energy.
- Hold your breath out for a few moments as you pull your navel inward.

Do this breath for 3 - 5 minutes (Or more as needed.):

- As you inhale be aware of energy moving (You can visualize energy as a luminous white thread of light.) downward to the navel chakra
- Slowly exhale, going from the navel to the Muladhara (1st) chakra.

Vyana Prana (Diffused Air)

Distributes prana throughout your entire body, helping all other pranas to function. It controls body moment, circulation, heartbeat and aids the nerves and subtle nadis. Vyana appears as the aura around your body.

Technique for harmonizing and increasing Vyana Prana:

Do this pranayama for 3-5 minutes (Or more as needed.)

- Inhale being aware of a flow of energy from the Muladhara chakra to 3rd eye or Sahasrara Chakras. You can visualize this energy as a thread of luminous white light moving from the 1st chakra to the 3rd eye.
- As you exhale, be aware of energy moving back down to the Muladhara chakra

Samana Prana (Unchanging Air)

Functions between the navel and the heart, maintaining Apana and Prana in a balanced state. It controls digestion, regulates digestive secretions in the stomach, liver, duodenum and small intestines. This Vayu distributes the essential parts of food, nourishing the various parts of your body. It helps us to discriminate, letting go of false perceptions. Samana Prana stimulates Apana and Prana and pushes kundalini upward.

Technique for harmonizing and increasing Samana Prana

Do this pranayama 3-5 minutes (Or more as needed.)

- Inhale being aware of energy moving into the navel chakra
- As you exhale, be aware of energy moving into the heart chakra

Prana Prana (Vital Air)

Functions between the throat and navel. Prana Vayu controls respiration, speech, swallowing, circulation, body temperature and perspiration. Yogis consider Prana Prana the master prana that makes everything fit together. It raises kundalini to the Udana Vayu. Relates to the heart chakra

Techniques for harmonizing and increasing Prana Vayu

3-5 minutes- Main technique

- Inhale being aware of energy moving from the navel chakra to the 3rd eye. Retain the breath for a couple of moments
- Exhale being aware of energy moving back down your spine to the navel chakra

3-5 minutes – Alternate technique

- Inhale with your awareness in the heart chakra
- Retain your breath, feeling like you are taking in life force
- Exhale normally, letting the life force expand out from your heart center

Udana Prana (Rising Air)

Operates between the throat and the top of the head. Its normal movement is upward. It controls speech, vomiting and balance, keeps the body upright and gives strength to the memory and intellect. It carries the kundalini to the sahasrara chakra. Enables you, and particularly teachers) to communicate clearly about higher consciousness and spiritual topics.

Technique for harmonizing and increasing Udana Prana

Do this prep breath for 2 minutes:

- Ujjayi breath
- Inhale slightly tensing the glottis and tensing muscles around the anus (Mula Bandha)
- Exhale relaxing the glottis and Mula Bandha

Do this technique for 3 – 5 minutes:

- Inhale being aware of energy moving from the throat chakra to the 3rd eye
- Exhale being aware of energy moving from the 3rd eye to the throat chakra