



The Power of Pranayam
For a Steady, Focused Mind Routine
A 17-minute Routine
(For Sept 1, 2020 Webinar)

2 minute – Surya Bheda

2 minutes - Sama Vritti

- Even count for each step: inhale, retain, exhale, hold breath out

2 minutes - Ujjayi Variation

- Inhale tensing glottis and mula bandha
- Exhale tensing glottis with mula bandha released

5 minutes - Nadi Shodhana Variation

- Empty lungs completely with an exhale
- Close the right nostril with the right thumb and breathe in through the left nostril for 4 counts
- Hold for 2 counts
- Inhale for 4 counts and hold for 2 counts
- Exhale for 4 counts and hold out for 2 counts
- ***Do 10 rounds of this part of the technique***

- Next seal the left nostril with the right ring finger and pinky and breath out through the right nostril for 4 counts
- Hold out for 2 counts
- Breath in through the right nostril for 4 counts and hold 2 counts
- Seal the right nostril with the right thumb and breathe out through the left for 4 counts
- Hold out for 2 counts
- ***Do 8 rounds of this part of the technique***

2 minutes – Viloma Variation #1 (Interrupted inhales)

- Inhale for 2, pause 2, inhale 2 more, exhale 4

2 minutes – Viloma Variation #2 (Interrupted exhales)

- Inhale for 4, exhale 2, pause for 2 counts, exhale for 2 more counts

2 minutes – Brahmari