



**The Power of Pranayam**  
**For Wellness, Strength and Inner Power**  
(For Sept 8, 2020 Webinar)

**From Science of Breath**

**7 major pranayams**

Develops the lungs, muscles, ligaments, air cells

These pranayams are a result of careful experiments and practice on the part of yogis. They are the essence of numerous intricate and complicated practices.

2 – minutes – The retained breath

- Inhale a complete breath
- Retain the air as long as comfortable
- Exhale vigorously through an open mouth
- Do the cleansing breath

2 minutes – Lung cell stimulation

- Breathe in slowly and gradually
- While inhaling gently tap the chest with your fingertips, changing the position
- When your lungs are filled, retain your breath and pat your chest with your hands
- Exhale slowly
- Do the cleansing breath

2 minutes – Rib stretching (Do this pranayam in moderation.)

- Sit or stand erect
- Place your hands one on each side of your body as high under your armpits as possible, with your thumbs reaching back, and the palms of your hands on the side of your chest with your fingers to the front over the breast
- Inhale a complete breath
- Retain the air for a short time
- Exhale with the cleansing breath

2 minutes – Chest expansion (Do this pranayama in moderation.)

- Inhale a complete breath
- Retain the air
- Extend your arms forward, clench your fists and bring them together on a level with your shoulder
- Swing your arms vigorously until your arms out straight sideways from the shoulders
- Go back and forth several times
- Exhale vigorously through an open mouth
- Do the cleansing breath

2 minutes – Walking breath (You can do this one several times a day.)

- Walk with head up, chin drawn slightly in, shoulders back with measured steps

- Inhale a complete breath, mentally counting 1 – 8, taking a step for each count
- Retain the breath, counting 1-4 and taking a step for each count
- Exhale, mentally counting 1-8 and take a step for each count
- Rest between breaths

2 minutes – Morning exercise

- Stand or sit in a military attitude, head up, eyes front, shoulders back, knees, hands at your sides
- Raise your body up on your toes, inhaling a complete breath
- Retain the breath for a few seconds in this position
- Slowly sink to the first position, at the same time slowly exhaling the air through your nostrils
- Do a cleansing breath
- Variation, use right leg alone, then left leg alone

2-minutes – Stimulating Circulation

- Inhale a complete breath and retain
- Bend forward slight and grasp a stick (or grasp with your hands). Gradually exert your entire strength on your grasp
- Relax your grasp, return to the first position, and slowly exhale
- Do this several times
- Do a cleansing breath