



**The Power of Pranayam**  
**For Healing, Health and Inner Strength**  
*(For Sept 15, 2020 Webinar)*

**From Science of Breath**

**7 minor pranayams**

Although they are called “minor,” they are important pranayams that give a condensed course in health, well-being and particularly lung development. They do not have specific names, just numbers!

2 minutes – Pranayam I

- Stand erect or sit with hands at your sides
- Inhale a complete breath
- Raise your arms slowly, keeping them rigid until your hands touch over your head
- Retain your breath a few minutes with your hands over your head
- Lower your hands to your sides, exhaling slowly
- Cleansing Breath

2 – minutes – Pranayam II

- Stand or sit erect with arms straight in front of you
- Inhale a complete breath and retain your breath
- Swing your arms back as far as they will go; then back to the first position; then repeat several times, retaining the breath the whole time
- Exhale vigorously through the mouth
- Cleansing Breath

2 minutes – Pranayam III

- Stand or sit erect with arms straight in front of you
- Inhale a complete breath
- Swing your arms around in a circle, backward, a few times. Then reverse a few times, retaining the breath the whole time.
  - Variation – rotate your arms alternately like a windmill
- Exhale vigorously through your mouth
- Cleansing Breath

2 minutes – Pranayam IV

- Lie on the floor with your face down and the palms of your hands flat on the floor by your sides
- Inhale a complete breath and retain
- Stiffen your body and raise yourself up by the strength of your arms until you rest on your hands and toes
- Lower yourself to the original position
- Repeat a few times
- Exhale vigorously through your mouth
- Cleansing Breath

2 minutes – Pranayam V

- Stand or sit erect with palms against the wall
- Inhale a complete breath and retain
- Lower your chest to the wall, resting your weight on your hands
- Raise yourself back with the arm muscles along, keeping your body stiff
- Exhale vigorously through your mouth
- Cleansing Breath

2 minutes – Pranayam VI

- Stand or sit erect with hands resting around your waist and elbows standing out
- Inhale a complete breath and retain
- Keep your legs and hips stiff and bend forward as if bowing, exhaling at the same time
- Return to the first position and take another complete breath
- Then bend backward, exhaling slowly
- Return to the first position and take another complete breath
- Then bend sideways to the right, exhaling slowly; then bend slowly to the left
- Cleansing Breath

2 minutes – Pranayam VII

- Stand or sit erect with straight spinal column
- Inhale a complete breath, but instead of inhaling a continuous steady stream, take a series of short, quick sniffs (not too strong a sniff). Don't exhale any of these little breaths but add one to the other until your entire lung space is filled
- Retain for a few seconds
- Exhale through your nose in a long, restful sighing breath
- Cleansing breath