



The Power of Pranayam
For Increasing Brain Power and Improving Memory
For Sept 22, 2020 Webinar

From Science of Breath

According to NIH and other studies on how pranayams effect the brain, certain pranayams increase focus, heighten awareness, improve problem-solving skills, improve memory and functioning of the autonomic nervous system. This series of pranayams focus on increasing brain power.

17-minute routine

3 minutes – **Brahmari**

- Partially close your glottis as you inhale through both nostrils
- Exhale slowly, humming like a bee, and making your exhalation longer than your inhalation

2 – **Surya Bheda**

- Inhale slowly through the right nostril, closing the left nostril with the ring and little fingers of your right hand
- Retain your breath, closing both nostrils and pressing your chin firmly against your chest in Jalandhara Bandha
- Keeping the right nostril closed with your thumb, exhale through the left nostril
- Gradually increase the period of retention

3 minutes – **Alternate Nostril Breathing**

- Using your right hand, close your right nostril with your thumb and inhale through your left nostril for a count of 4
- Close both nostrils and retain your breath for a count of 16. (If this count is too long for you, cut all counts in half. For example, inhale 2 retrain 6, exhale 4. Don't reduce just one part of the pranayam.)
- Close your left nostril with your ring finger and pinky, exhaling through your right nostril for a count of 8
- Keep your left nostril closed and inhale through the right nostril for a count of 4
- Close both nostrils, retaining your breath for a count of 16
- Close the right nostril and exhale through your left nostril for a count of 8

2 minutes – **Kapalabhati**

- Begin by relaxing your muscles
- Gently inhale through your nose, allowing your lungs to fill with air
- To exhale contract your abdominal muscles sharply, raising your diaphragm and forcing air out of your lungs
- The exhalation, which is through your nose, should be brief, active and audible
- After exhaling, immediately begin the next inhalation. The inhale is longer than the exhalation, passive and silent

- Begin with anywhere from 10–20 pumpings per round. Only do as many pumpings per round as comfortable. Don't strain to do more pumpings.
- In between each round take 1 to 3 normal inhalations and exhalations

3 minutes – **Bastrika Breath**

- Sit in a steady, comfortable posture with your spine straight
- Start with a passive inhalation through the nose and exhale through the nose by contracting the abdominal muscle quickly and forcefully for anywhere from 10 to 20 rapid repetitions. This is one round
- Do one or two normal inhalations and exhalations in between each round
- Variation in between each round: Inhale, retain your breath holding Jalandhara and Moola Bandhas. Exhale and release the bandhas
- This is a powerful pranayam so only do as many repetitions as you are comfortable doing.

2 minutes – **Nauli Kriya**

- Exhale completely, standing bent forward with your hands on your thighs. Move into Uddiyana Bandha, doing only 2 pulses, holding each one for a few seconds
- Inhale, exhale completely and then hold Uddiyana Bandha – pulsing 5, 10, 20 times
- Inhale, exhale completely, and then hold Uddiyana Bandha – first shifting weight to the left arm then the right arm as you draw in that side of your abdomen
- Next, do the same thing without shifting your weight

2 minutes – **Sitali (Crows' Breath)**

- Curl your tongue so it is kind of like a straw and inhale
- Close your mouth and retain your breath
- Exhale slowly through your nose