



The Power of Pranayam
For Cooling, Calmness and Increasing Energy
Sept 29, 2020 Webinar

17-minute routine

3 minutes – **Sitali – Cooling**

- Stick your tongue out a little way and curl the sides up, making it like a straw to sip the air through as you inhale
- As you inhale, sense that cooling energy is coming in through your mouth, going up to the top of your head and then down your spine
- Close your mouth while you hold your breath
- Exhale slowly through your nose

3– **Sikari – Cooling & calming**

- Press the tip of your tongue against the upper palate as you slowly inhale through your mouth, making a hissing sound
- Retain your breath as long as possible
- Exhale slowly through your nose

3 minutes – **Chandra Bhedana - Cooling**

- Hold Nasagra Mudra with your right hand (Thumb, ring finger and pinky are up. Second and middle fingers are bent down.)
- Close the right nostril with your thumb, inhaling through the left nostril, filling your abdomen and chest
- Close both nostrils, retain your breath as long as comfortable
- Close the left nostril with your ring finger and pinky, exhaling slowly through the right nostril
- Close the right nostril and inhale through the left. Continue Inhaling left, exhaling right. This is NOT alternate nostril breathing! You are always inhaling through the left nostril and exhaling through the right nostril

2 minutes – **Analom-Bilom – Frees us from anxiety, stimulates the kundalini**

- This is a vigorous alternate nostril breath that uses a forced exhalation
- Free both nostrils
- Sit up straight, thinking of OM and vastness
- Close the right nostril with the right thumb, and exhale through the left nostril with a vigorous snort. Use the naval to force the quick expulsion of air
- Then inhale again through the left nostril, quickly, but not forcefully
- Close the left nostril with your right ring finger and little finger and exhale through the right nostril with a vigorous snort, using the naval to force the quick expulsion of air
- Then inhale through the right nostril, quickly, but not forcefully
- The breath is being forced out or pushed out using the naval. The inhalation is not focused on, but it is not passive

3 minutes – Om Pranayam – Soothes the nerves

- Chant Om with feeling. Find the note you like best
- As you inhale, think of Om mentally
- As you exhale, think and chant Om
- Attitude: Absolve me, burn me in the fire of yoga, of spirit, let me be one with you, infinite spirit

3 minutes – Inhaling Cooling Light

- As you inhale, feel a cool white light travelling up the body from the feet to the top of the head
- As you exhale, feel the cool white light travel back down the body
- With each round of breathing, imagine the feeling of the cool white light calming, soothing and cooling your body and mind more and more