



The Power of Pranayam
Calming Your Nerves, Serenity and Deeper Meditations

October 6, 2020 Webinar

17-minute routine

2 minutes – Sama Vritti

- Inhale through your nose for a count of 4
- Retain 2
- Exhale through your nose for a count of 4
- Hold breath out 2
- If you are comfortable with this count, after doing a couple of rounds, you can increase each count by 2

2– Dirga Swasam Pranayam

- Start in a comfortable seated position, sitting up tall
- Bring one hand to your low belly and place the other over your heart
- Begin breathing normally through your nose as you bring your awareness to your belly, ribs, and chest
- Start to slow down and deepen your breathing
- As you inhale, visualize the oxygen filling your abdomen, then lungs, all the way up to your collarbones
- As you exhale, visualize the oxygen slowly leaving from the top down (collarbones down to abdomen)
- Continue your slow, mindful three-part inhales and exhales

2 minutes – Ujjayi Breath Variation

- Inhale through your nose tensing the glottis at the back of your throat and holding Mula Bandha
- Relax your glottis and release Mula Bandha and exhale through your nose

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

1 minutes – **Bastrika**

- Passive inhalation through your nose
- Exhale contracting the abdominal muscles sharply, pumping rapidly for 5 – 15 pumpings
- Do 2 normal inhalations and exhalations between each round
- Do 3 rounds of pumpings

6 minutes – **Mind Calming Prayams**

- Part 1
 - Inhale through your nose for a count of 10. If 10 is too long reduce the count to 5
 - Retain your breath for the same count (10 or 5)
 - Exhale through your nose for the same count (10 or 5)
- Part 2
 - Begin alternate nostril breathing, closing the right nostril, inhaling left for a count of 10. If 10 is too long reduce the count to 5.
 - Close both nostrils, retaining your breath for the same count (10 or 5)
 - Close your left nostril, exhaling through the right nostril for the same count (10 or 5)
 - Inhale through the right nostril for the same count (10 or 5)
 - Close both nostrils and inhale through the left nostril for the same count (10 or 5)
 - Close the right nostril and exhale through the left nostril for the same count (10 or 5)
- Part 3
 - Put your awareness at the 3rd eye and inhale through your nose for a count of 10 or 5
 - Keep your awareness at the 3rd eye and retain your breath for the same count (10 or 5)
 - Continuing to keep your awareness at the 3rd eye, exhale for the same count (10 or 5)

2 minutes – **Om Pranayam – Soothes the nerves**

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