



The Power of Pranayam
Releasing Undesirable Emotions, Expressing Peace & Goodness
For October 20, 2020 Webinar

17-minute routine

2 minutes — Rhythmic Breathing to Control Emotions (from *Science of Breath*)

- Sit in an erect posture but be comfortable
- Establish rhythmic breathing
 - Inhale a complete breath for a count of 6
 - Retain 3
 - Exhale through your nose for a count of 6
 - Hold breath out 3
- Continue breathing rhythmically, bringing your attention to the solar plexus
- As you exhale, form the mental picture of the undesirable emotions being carried away with the exhaled breath
- *Option: You can mentally say “Get Out,” to these emotions*

2 minutes — Lion’s Breath

- Start in a comfortable seated position
- Do a deep inhalation through your nose
- As you exhale through your mouth, stick your tongue out, widen your eyes and slide your hands down your legs

3 minutes — Durga Pranayam Variation

Gives us resilience in the face of adversity, lowers cortisol and opens us to expressing peace

- *Option: Place your left hand on your navel with the right hand over the left*
- Consciously relax your neck and shoulders
- Do 3 inhales through your nose, and exhales out your mouth with a sound that is like a sigh
- Inhale into your abdominal area through your nose and exhale through your nose for 6 — 9 rounds
- Inhale through your nose first into your abdominal area, then into the area of your ribs and exhale through your nose first from the rib area, then the abdominal area for 3 — 5 rounds
- Inhale through your nose first into your abdominal area, then into the area of your ribs, and then into the upper chest, then exhale through your nose from the upper chest area first, then the rib area, then the abdominal area for 6 — 9 rounds
- Pause with palms together in front of the chest for a moment of gratitude

2 minutes — **Extended Exhale Breath**

- Inhale through your nose for a count of 4
- Exhale through your nose for a count of 8
- Do this for a while, then, if comfortable, increase your inhale to 5 or 6, and your exhale to 10 or 12

2 minutes — **Sama Vritti — Equal Breaths**

- Inhale through your nose for a count of 5, exhale through your nose for the same count of 5
- After doing a few of these, if comfortable, increase your inhale to 6 (You can eventually go up to 10), increasing your exhale up to 12 (Eventually up to 20)
- Most important in this pranayam is the balanced even breath, going to a longer count is not important

2 minutes — **Brahmari**

- Partially close the glottis at the back of your throat as you inhale through your nose, making a slight snoring sound
- Then exhale slowly, humming like a bee, extending the exhalation

2 minutes — **Fire Breathing**

- Inhale through your nose, completely filling your lungs, and exhale completely emptying your lungs — do 3 of these breaths
- Inhale, and when you exhale pull your abdomen in toward your diaphragm. This is a fast movement, as fast as 2 or 3 times per second. It is also a little loud
- You can do this breath more slowly to begin, and increase the speed with practice and as you get comfortable with it
- Do a round of anywhere from 5 — 20 fire breaths
- Then do 1 or 2 complete slow inhalations and exhalations
- Do 3 — 5 rounds with slow inhalations and exhalations between each round
- When perfected, and this can take months or years, the rate can be 120 to 180 times per minute

2 minutes — **Down Currents Breath**

- Hold Uddiyana Bandha (Abdominal lock) and Jalandhara Bandha (Chin lock) and inhale through your nose
- Close your right nostril with your thumb, release the bandhas and exhale through your left nostril
- Continue exhaling only through the left nostril for 1 minutes
- Keep your head down during the exhalation
- *Option: pick your head up during the exhalation*
- Do the same thing, closing the left nostril and exhaling through your right nostril for 1 minutes