



**The Power of Pranayam**  
**Letting Go of Anxiety and Keeping our Lungs Healthy**  
*For November 3, 2020 Webinar*

*Many pranayams that work for letting go of anxiety and also excellent for keeping our lungs healthy. This routine focuses primarily on the pranayams that do both. We are also focusing on doing each pranayam, slowly, carefully and with relaxed focus.*

*16-minute routine*

2 minutes - Long exhalations – Hold the mudra

- Sit comfortably with a straight spine, bring your hands to above your knees and hold a mudra in which your thumb and pointer finger touch
- Inhale through your nose for a count of 6 (or 3 or 4)
- Exhale through your nose for a count of 12 (or 6 or 8)
- After doing a couple of these breaths, keep the inhale count at 6 (or 3 or 4)
- Extend the exhalation for an extra 1 or 2 counts with each exhalation if comfortable

2 minutes - Lung Cell Stimulation from *Science of Breath*

- Inhale slowly through your nose, and while inhaling gently tap your chest with your fingertips
- With your lungs filled, retain your breath and pat your chest with the palms of your hands
- Exhale slowly through your nose
- Do a cleansing breath

4 minutes – Alternate Nostril Breathing – fingers at the 3<sup>rd</sup> eye

- Close right nostril with your thumb (2<sup>nd</sup> and 3<sup>rd</sup> fingers are at the 3<sup>rd</sup> eye), inhale through your left nostril 4
- Close both nostrils, using your ring finger and pinky to close the left nostril, and retain your breath for 16
- Keep the left nostril closed and exhale through your right nostril for 8
- Inhale through the right for 4
- Close both nostrils, retaining your breath for 16
- Keep your right nostril closed and exhale through your left nostril for 8
- If the count is too long, you can reduce it in half (2-8-4 instead of 4-16-8). Make sure to keep the ratio the same

2 minutes - Udgeeth Pranayam Variation

- Sit with a straight back
- Close your eyes and slowly inhale and fill your lungs with air
- Retain for at least 3 seconds
- Then release the air by chanting OM slowly out loud
- Feel the Om throughout your entire being
- Repeat this exercise 5 – 6 times

#### 2 minutes – Bastrika Variation

- Do a passive inhalation through your nose
- To exhale contract your abdominal muscles sharply, raising your diaphragm and forcing air out of your lungs
- Rapidly inhale and exhale for 10 – 20 pumpings
- After each round of pumpings, inhale through your nose
- Then close both nostrils, hold Uddiyana Bandha and Jalandhara Bandha while you retain your breath
- Keep your left nostril closed and exhale through your right nostril (This is not an alternate nostril breath. You always exhale through the right nostril.)
- Inhale, then exhale and with breath out of your lungs, do Uddiyana Bandha by exhaling completely, pull your abdomen up and back toward the spine
- Being the next round of pumpings

#### 2 minutes – Ujjayi Variation

- Inhale fully through both nostrils while slightly closing the glottis at the back of your throat
- Retain your breath, holding Jalandhara Bandha and Mula Bandha
- Release the 2 locks, close your right nostril with your right thumb and exhale through your left nostril (Again this is not alternate nostril breathing. Exhale only through the left nostril.)

#### 2 minutes – Samanu Variation

- Focusing on anahata/heart chakra, mentally repeat Yam 8 times (or 4) while inhaling through your left nostril; 32 (or 16) times while you retain your breath; and 16 (or 8) times while you exhale through your right nostril
- Focusing on the Manipura chakra (navel) mentally repeat Ram 8 (or 4) times while inhaling through the right nostril; 32 (or 16) times while retaining; 16 (or 8) times while exhaling through the left nostril
- Focus on the tip of the nose (moon center) and mentally repeating Tam 8 (or 4) times as you inhale through the left nostril; retain for 32 (or 16)
- Exhale through the right nostril for 16 (or 8) Lams, switching your focus to the Muladhara, root chakra