



**The Power of Pranayam  
For Increasing Joy**  
*For December 8, 2020 Webinar*

*It is the season of joy, and, based on your requests, this week we're focus on breathing techniques that help increase our joy.*

**5 rounds – Yuktswar's Count Out Breath**

This breath practice increases our energy and vitality

- Inhale through your nose, and then as you exhale count out loud
- Don't strain or try to make the count longer than comfortable
- Remember the number you completed each count. For example, if as you exhale, you count out loud to 20 when you run out of breath remember that number for each round

**2 minutes – Long exhalations**

- Inhale through both nostrils for a count of 5
- Exhale through both nostrils for a count of 10
- Continue inhaling for a count of 5. As you continue to do this breath, be open to making the exhalation longer than 10. Maybe 12 at first, etc.

**6 rounds – Breath of Joy**

Through strong inhalations and synchronized arm movements, this practice awakens your entire system. It increases oxygen levels, circulates more prana, and, as the name implies, it opens your heart to greater joy.

- Stand with your feet shoulder width apart and parallel, knees slightly bent
- Inhale one-third of your lung capacity and swing your arms up in front of your body, bringing them parallel to each other at shoulder level, with palms facing the ceiling
- Continue inhaling to two-thirds capacity and stretch your arms out to the side like wings to shoulder level
- Inhale to full capacity and swing your arms parallel and over your head, palms facing each other
- Open your mouth and exhale completely with an audible ha, bending the knees more deeply as you sink into a standing squat and swing your arms down and back behind you like a diver
- You can do up to 9 rounds of this breath

### 2 minutes – Midyam Pranayam

- Hands at chest – breath in for 2
- Bring hands to the side – continue breathing in for 2
- Bring hands to the back – continue breathing in for 2
- Exhale breathing out for 2 with hands at back
- Bring hands to the side – continue exhaling for 2
- Bring hands to the chest – breath out for 2
- Repeat

### 2 minutes - Prana Magnet

- Breathe through your nose, and fill your lower lungs first, filling them. As you do this your upper chest will stick out just a bit
- Exhale thoroughly through your nose
- Inhale again filling the lower lung first, then the upper chest central lung fills, and your chest puffs out
- Pause and put your awareness in the heart area. Notice any movement of prana, life force, mellowness or ecstasy in that area
- Continue doing this breath with an awareness in the heart area

### 3 Rounds – Kapalabhati

- Do a passive inhalation through your nose
- To exhale contract your abdominal muscles sharply, raising your diaphragm and forcing the air out of your lungs
- Do anywhere from 5 to 15 of these inhalations and exhalations in one round
- Do one or two normal inhalation and exhalations between each round

### 2 Minutes -- Ujjayi Breath

- As you inhale, gently tense the glottis at the back of the throat and tense Mula Bandha
- As you exhale, release both the tension in the glottis and Mula Bandha