



The Power of Pranayam
For Releasing Old Habits and Opening to New Ones
For December 29, 2020 Webinar

2 minutes – Measured Breathing

- Inhale through your nose for a count of 10 (or less)
- Retain your breath for a count of 10 (or less)
- Exhale through your nose for a count of 10 (or less)
- Hold your breath out for a count of 10 (or less)

3 minutes – Letting Go Breathing

- Inhale and exhale through your nose, scanning your body for any tension or resistance
- After finding the tension, put your awareness in that area and inhale through your nose, mentally saying “I.”
- With your awareness in the same area, exhale through your nose mentally saying, “let go.”
- Continue doing this practice in the same area until you sense the tension or resistance is released
- At the end of this practice take 3 deep abdominal breaths, inhaling and exhaling through your nose

5 rounds – Qi Gong Letting Go Breath

- Stand or sit with your feet planted into the ground, a little wider than hip-width apart, with your legs and feet parallel and your toes pointing forwards.
- Relax your belly and bring your arms by your sides.
- On your next inhalation, breathe length into your spine and release your arms and shoulders down, with your palms turned up. Take a few steady breaths.
- On the next inhalation, slowly raise your arms. Gather the negative thoughts, feelings, emotions and beliefs that are holding you back.
- On the next exhalation, turn your palms down, lowering your arms in front of you and softly bending your knees. Consciously release these gathered feelings down and into the earth
- Repeat this two more times
- On your next inhalation, raise your arms and gather positive feelings, emotions and beliefs
- On your next exhalation, lower your arms and let those qualities flow into you. Feel the sensation of these qualities deep in your core
- Repeat these three more times

9 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

3 rounds – Murcha Pranayam

- Start with Khechari mudra (Place the tip of your tongue on the roof of your mouth.)
- Slowly inhale through both nostrils and gently bend your head slightly back. Keep your arms straight with your hands on your knees and press gently
- Bring your head down (Jaladhara Bandha) while retaining your breath
- Exhale as you pick your head up

2 minutes – Maha Veda Mudra

- Put awareness in the heart chakra and inhale a normal full breath
- As you exhale, sense that white or light blue light is expanding first a half inch out from your heart
- Inhale a normal breath, gathering the light back into your heart
- Exhale and let the light expand out from your heart to one inch
- With each inhalation, allow this light to expand a half inch farther until you get to four inches

4 Rounds – Ujjayi Breath Variation without the hold

- Inhale fully through both nostrils while gently tensing the glottis at the back of your throat and holding Mula Bandha
- Release the locks and exhale through your nose