



**The Power of Pranayam**  
**For Shifting into New Moods and States of Consciousness**  
*For January 5, 2021*

4 rounds – The Three Breath Sigh

- Place one hand on your lower belly and the other on your chest.
- Breathing in through your nose, let your breath start in the belly and move up to the chest.
- Then exhale through your mouth while making an audible sighing sound.
- Repeat three more times.

4 rounds – Dirgha Pranayam Variation (This is different than Durga!)

- As you take a deep breath in through your nose focus on breathing deeply into your belly, expanding it like a balloon.
- As you continue to breathe in expand the breath to fill your chest and feel your rib cage expanding.
- Finally, for the last part of your inhale visualize breathing up to your collar bones and feel your upper chest expand.
- As you breathe out through your nose, feel the breath leaving first your collarbone and upper chest, then rib cage and finally the belly, letting them drop and relax.
- Keep each breath smooth and deep and don't struggle or force the breath. Just breathe as deeply as you can and enjoy the feeling of expansion and space in your lungs.

4 rounds – Brahmari Pranayam Variation with Mudra

- Sit in comfortable position with your spine erect and your head straight
- Hold this mudra: Plug both ears with the thumb, place your index finger on your forehead, your two fingers on your eyes, and your little fingers at the bottom of each nostril. Your elbows are raised to shoulder level.
- Inhale deeply, and as you exhale through your mouth make buzzing sound like that of a bee. Your mouth should be slightly open and your tongue slightly touching your palate.

5 rounds – Bhastrika Pranayam with Hold

- Inhale a passive inhalation, then exhale forcefully pulling in your abdomen in rapid pumps. You can do anywhere from 5 to 20 pumps.
- Next, inhale a deep breath through your nose
- Close both nostrils, retain your breath and hold Jaladhara and Mula Bandhas

- Keep your left nostril closed and exhale through your right nostril only (Note: this is not alternate nostril breathing. You only exhale through your right nostril.)
- This was one round.

#### 5 rounds – Lion’s Breath

- Sitting with a straight spine, Inhale through your nose
- When you exhale, open your mouth and stick your tongue out as far as it will go. At the same time open your eyes wide and slide your hands down your legs, moving forward.

#### 2 minutes – Udgeeth Pranayam Variation

- Breathe in deeply through your nose.
- Breath out and as you do chant the word Om (AUM). Make sure to keep the sound of “O” long and the “M” short (OOOOOOOm).
- Don’t worry at all about how you sound here. Enjoy the wonderful feeling of combining sound and breath.

#### 2 minutes – 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