



## **The Power of Pranayams Increasing Our Focus**

*May 17, 2022*

6 rounds – **Focus breath** (You can do this breath practice anywhere, any time when you realize you are not focused and want to re-focus quickly.)

- Sit in a comfortable position with a straight back
- Inhale through your nose for a count of 4
- For the exhalation:
  - Purse your lips and gently breathe the air out of your mouth very slowly, as though you are breathing out through a straw
  - As you exhale for a count of 8, relax all the muscles in your body. Imagine a wave of relaxation flowing down your body from the top of your head to the soles of your feet

2 minutes – **Sun Breath**

- Bring your awareness to your breath. Take a few easy breaths
- Next, use your left thumb to gently seal your left nostril and begin to breath in and out only through your right nostril. Your breath should be gentle
- Enjoy 1-2 minutes of Sun Breath, then release your hand into your lap and let your breathing return to normal
- Visualize an energy running up your spine from your right sitting bone to your right nostril and feel the flow of energy between those two points. Observe any sensations of clarity and lightness in your mind

5 rounds – **Yoni Mudra**

- Inhale through your nose sensing energy moving from the base of your spine to the top of your head
- Hold Yoni Mudra and retain your breath
- Release Yoni Mudra and exhale through your nose

3 minutes – **Mind Calming Pranayams**

- 1 minute
  - Inhale through your nose for a count of 10 (or 5)
  - Retain your breath for the same count
  - Exhale through your nose for the same count
- 1 minute
  - Close your right nostril and inhale through your left nostril for 10 (or 5)
  - Close both nostrils and retain your breath for 10 (or 5)
  - Close your left nostril and inhale through your right nostril for 10 (or 5)

- Inhale through your right nostril for 10 (or 5)
- Close both nostrils and retain your breath for 10 (or 5)
- Close your right nostril and exhale through your left nostril for 10 (or 5)
- 1 minute
  - Put your awareness in your 3<sup>rd</sup> eye
  - Inhale through your nose for a count of 10 (or 5)
  - Keep your awareness at the 3<sup>rd</sup> eye and retain your breath for (10 or 5)
  - Continuing to keep your awareness at the 3<sup>rd</sup> eye, exhale for (10 or 5)

4 rounds – **Kevala Kumbhaka**

- Inhale through you nose for 6 (or 4 OM)s
- Hold Jalandhara and Mula Bandhas and retain your breath for 2 OM)s
- Release the Bandhas and exhale through your nose for 6 (or 4) OM)s
- Raise your head to a neutral position
- Do 2 Ujjayi breaths
- This is one round

3 rounds – **Radiating out peace, joy, and goodness to others**

- After the last round, take a slow inhalation and exhalation through your nose. As you exhale chant OM mentally and raise your hands and let all the peace, joy and goodness from our pranayam practice radiate out to others