



The Power Of Pranayams Revitalization — Week 4

June 3, 2026

6 rounds — Prana Shakti Pranayam

- Sit comfortably with your spine erect
- Inhale slowly through the nose while raising the arms out to the sides and overhead
- Hold the breath comfortably for a few seconds while sensing energy expanding throughout the body
- Exhale slowly through the nose as the arms float back down
- At the end of the exhalation, pause briefly and experience stillness
- You can do this breathing practice for 8–10 rounds
- *Helps increase vitality, improves concentration*

6 rounds — Sagar Pranayam

- Inhale through your nose for a count of 4
- Retain your breath gently for a count of 2
- Exhale through your nose for a count of 6
- Visualize each breath moving like a wave washing through your body
- *Restores depleted energy, harmonizes the nervous system promotes inner calm*

2 minutes — Hridaya Pranaaym

- Choose one of these two hand positions:
 - Place both hands over the heart center
 - Hold Hridaya Mudra (*Curl the index finger so the tip touches the bottom of the thumb. Touch the tips of the middle and ring fingers to the tip of the thumb. Extend your little finger straight and relaxed Palms are up.*)
- Inhale gently through your nose into the chest for a count of 5
- Visualize light expanding from the heart with each inhalation
- Retain your breath for 2–3 counts
- Exhale through your nose for a count of 5
- *Enhances vitality, helps cultivate feelings of gratitude*

4 rounds — Viloma Wave Breathing

- Inhale through the nose 1/3 of the breath, pause briefly
- Inhale another 1/3, pause briefly
- Inhale the final 1/3, pause briefly
- Exhale through the nose smoothly and continuously
- After 4 rounds, reverse:
- Inhale smoothly
- Exhale in three stages, with a brief pause after each stage
- *Expands lung capacity and invigorates the entire respiratory system*

5 rounds — **Chakra Ascension Breath**

- Hold prana mudra (*Ring and little finger tips touch the tip of the thumb. Index and middle fingers point straight out and relaxed. Palms are up.*)
- Inhale slowly through your nose
- As you inhale, bring your awareness or energy from the Mulhadara Chakra (Base of the spine) upward through each chakra
- Pause briefly at the Sahasrara (Crown) Chakra
- Exhale through your nose, bringing your awareness or energy down from the crown to the base of your spine
- Visualize energy and light illuminating the entire body during the inhale and exhale
- *Can awaken subtle energy, a sense of upliftment, bring energy to the upper chakras*

2 rounds — **Kundalini Stimulating Pranayam**

- Inhale through your left nostril and chant OM or the name of a great yogi or Ishta to a count of 8 as your awareness goes down your spine
- When your awareness gets to the bottom, it strikes a triangle with the point down and stimulates it as you hold for 16 Oms
- Put your awareness at this triangle and visualize a radiant scintillating white light go bright as you retain your breath. The goal is to put your mind there and let the energy flow
- Close your left nostril, exhale up the right nostril for 8 Oms
- Hold your breath for 8 or 16 Oms
- Then reverse the process, inhaling down the right nostril for 8 Oms
- When your awareness gets to the bottom, it strikes the triangle and stimulates it for 16 Oms
- Close your right nostril, and exhale up the left nostril for 8 Oms
- *Do this pranayam 4 times twice a day*

Alternate to Kundalini Pranayam

3 Rounds of **Kabalabhati as Alternate Nostril Breathing**

- Block your right nostril and do 5 to 10 Kabalabhati pumpings using the left nostril only
- Pause for normal breath or two
- Block your left nostril and do 5 to 10 Kabalabhati pumpings using the right nostril only
- Pause for a normal breath or two
- Repeat

2 minutes — **Golden Light Breath**

- Inhale slowly through the nose
- Visualize drawing in golden, healing light
- Retain the breath briefly while visualizing the light filling every cell
- Exhale and release dullness, fatigue, and tension
- Reduces fatigue and promotes rejuvenation

3 Rounds — **Radiating Out Love to Others**

- Inhale deeply through your nose
- Retain your breath briefly as you feel the love intensely
- Raise your hands and radiate this love out to others. Chant Om out loud or mentally. You can do this in one direction or in three different direction