



The Power of Pranayam
Growth, Renewal & Optimism – Week 3

May 15, 2024

6 rounds — Spinal Breathing with a sigh

- Place your awareness at the base of your spine
- Inhale through your nose and, as you begin filling the abdominal area with air sense your awareness, energy of a white light begins to move up your spine
- Continue with your inhalation, and, as you fill your rib and chest are with air, sense your awareness, energy of white light continues to move up your spine
- As your inhalation reaches your collarbone area, sense your awareness is moving to the top of your head
- Exhale and sigh bringing your awareness down as you exhale air first from the collarbone area, then chest, rib and abdominal areas. Your awareness ends up back at the base of your spine

5 rounds — 4-7-8 Breath

- Exhale through your mouth making a whoshing sound
- Inhale silently through your nose for a count of 4
- Retain your breath for a count of 7
- Exhale through your mouth making a whosing sound for account of 8

3 rounds — Kapalabhati

- Gently inhale through your nose, allowing your lungs to fill with air (a passive inhalation)
- To exhale contract your abdominal muscles sharply, raising your diaphragm and forcing air out of your lungs
- The exhalation, which is through your nose, should be brief, active and audible
- After exhaling, immediately begin the next inhalation. The inhale is slightly longer than the exhalation, passive and silent
- Begin with anywhere from 5-10 pumpings per round. Sense that each pumping is a rejuvenating belly pumping. Only do as many pumpings per round as comfortable. Don't strain to do more pumpings

5 rounds — Alternate Nostril Breathing Variation

- Closing your right nostril with your thumb inhale through your left nostril
- Exhale through your left nostril
- Close your left nostril and inhale through your right nostril
- Exhale through your right nostril
- Reverse
- Pause to enjoy any balancing and refreshing sensations

10 rounds — **Sama Vritti**

- Inhale through your nose for a count of 4
- Retain your breath for a count of 2
- Exhale through your nose for a count of 4
- Hold your breath out for a count of 2

6 rounds — **Ujjayi Breath**

- Tense the glottis at the back of your throat and hold Mula Bandha as you inhale through your nose
- Release both locks and exhale through your left nostril

6 rounds — **Lion's breath**

- Inhale through your nose
- As you exhale, stick out your tongue, slide your hands forward down your legs, open eyes wide and focus on the tip of your nose
- Make a "ha" sound as you exhale

6 rounds — **Sitali (Crows' Breath)**

- Curl your tongue so it is kind of like a straw and inhale
- Close your mouth and retain your breath
- Exhale slowly through your nose

3 rounds — **Om Pranayam**

- Inhale through your nose
- As you exhale, chant Om, raising your hands and radiating out refreshing, rejuvenating, reinvigorating energy to others