

tryambakam (taittirīya saṃhitā IV. 5. 12)

tryāmbakam yajāmahe sugandhim puṣṭivardhanam |
 urvārukamīva bandhanānmṛtyormukṣīya māmṛtāt ||

*

OM ASATO MĀ SAD GAMAYA

OM TAMASO MĀ JYOTIR GAMAYA

OM MRITYOR MĀ AMRITAM GAMAYA

OM SHANTI SHANTI SHANTIHI

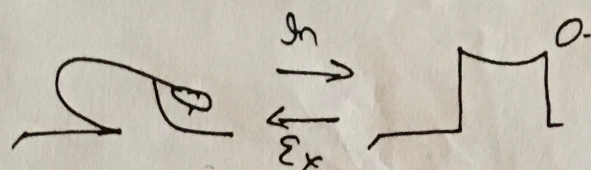
Lead me from the unreal to the real

Lead me from darkness to light

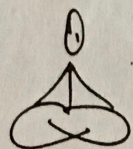
Lead me from death to immortality

Peace, Peace, Peace

9. Cakra Vākāsana



6 Times



Rest

10.



Breathing

6 Br

Prāṇāyāma

Alternate nostrils, EX - Anulōma Ujjayi, 6 Times (w. The GRAIN)

" " IN - Vilōma Ujjayi 6 Times

IN-Left nostril EX-R. - Chandra Bhedhana 6 Times

IN-Right nostril EX-L. - Surya Bhedhana 6 Times

IN-Left EX-Right - Nādi Śodhana 6 Times

Then
IN-Right EX-left =

Pratiloma Ujjayi

- IN - open ujjayi = glottal contraction
- EX - with left nostril
- IN " " " " " "
- EX open ujjayi = glottal contraction

Then

- IN open
- EX Right
- IN Right
- EX open

5 Prāṇas Chant from the Taittirīya Āraṇyaka

Om namo prāṇāya

Om namo apāṇāya

Om namo vyāṇāya

Om namo udāṇāya

Om namo samāṇāya

Om svāha ॥

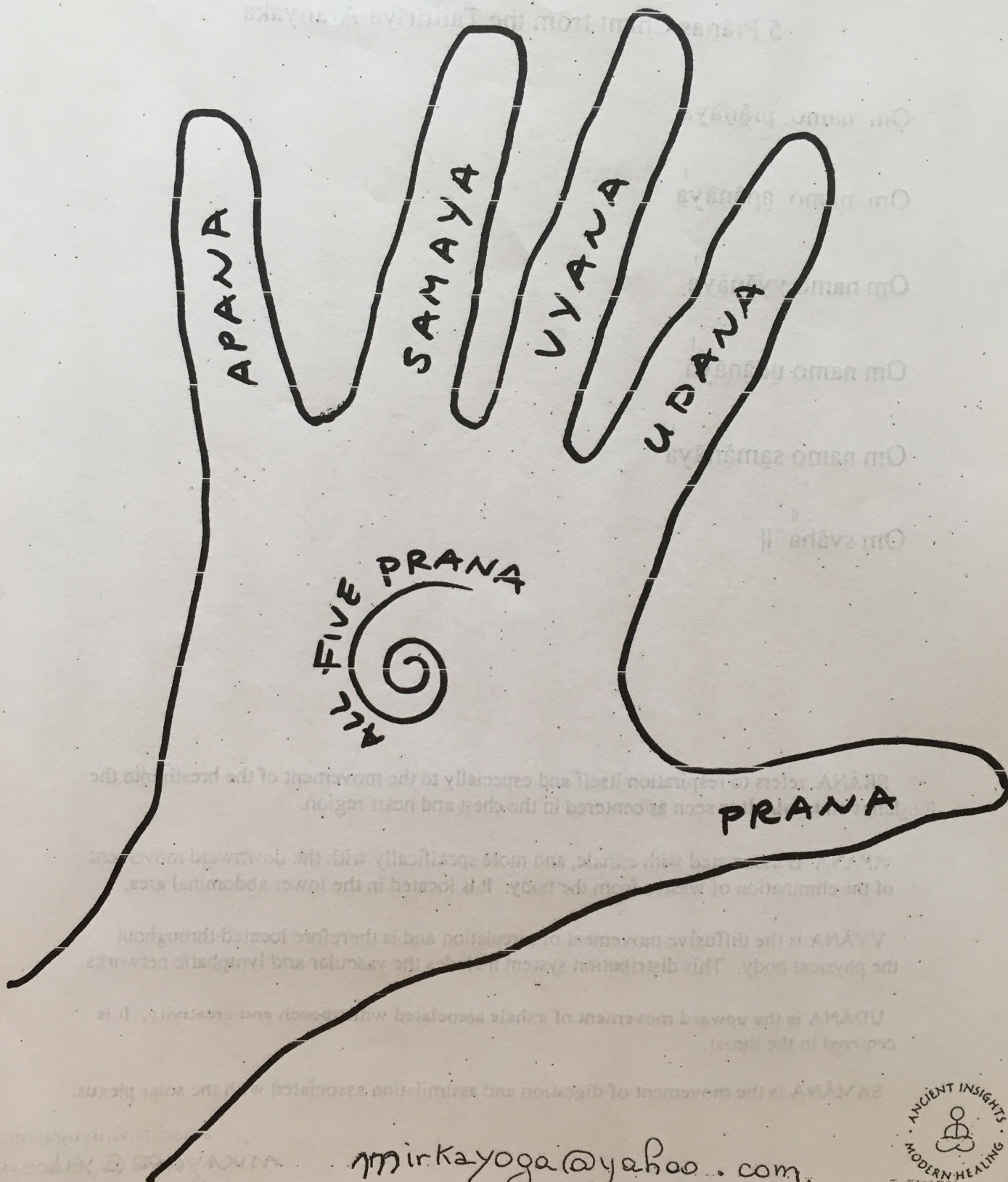
PRĀṆA refers to respiration itself and especially to the movement of the breath into the lungs on inhale. It is seen as centered in the chest and heart region.

APĀṆA is associated with exhale, and more specifically with the downward movement of the elimination of wastes from the body. It is located in the lower abdominal area.

VYĀṆA is the diffusive movement of circulation and is therefore located throughout the physical body. This distribution system includes the vascular and lymphatic networks.

UDĀṆA is the upward movement of exhale associated with speech and creativity. It is centered in the throat.

SAMĀṆA is the movement of digestion and assimilation associated with the solar plexus.



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Directional Flow

Why Practice Directional Flow?

- Directional flow can be used to produce or enhance particular structural effects.
- Directional flow can be used to produce or enhance specific energetic effects.



Directional Flow

What is Directional Flow?

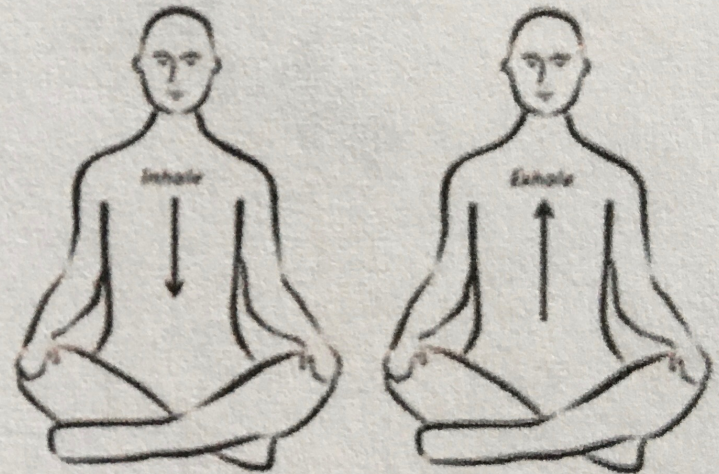
How we control the flow of the breath.

1. Movement of attention
2. Control of respiratory musculature

Primary – Diaphragm

Secondary – Intercostals

Tertiary – Erector spinae (inhale),
abdominals (exhale)



Directional Flow (cont.)

Directional Flow – Inhale Variations

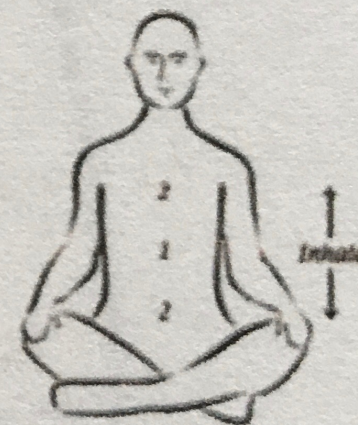
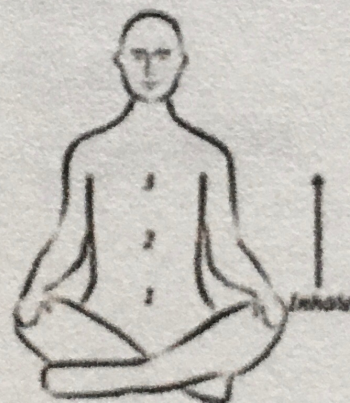
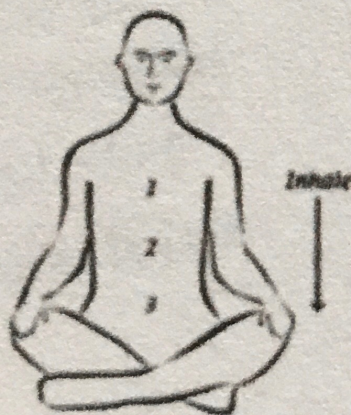
1. Chest

2. Belly

3. Chest to Belly

4. Belly to Chest

5. Center Expanding



Breath Threshold (cont.)

The 'Open Secret' of Yoga is that...

Every individual (with few exceptions) will benefit from expanding breath threshold capacity.

Why

- For the purpose of vitalizing your system
- Building *prāna śakti*
- Building mental focus

How

- Systematically
- Non-competitively
- Gently
- Over time



Breath Threshold (cont.)

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Breath Threshold

Breath Threshold Capacity is the duration of one full breath that can be sustained for a number of breaths.

Classic measure is over 12 breaths.



Breath Threshold (cont.)

Regular, consistent practice of *prāṇāyāma* ratio will increase breath threshold over time.



Directional Flow

Directional flow can be used to produce or enhance particular structural or energetic effects.



Five Vātas – Prānā-s – Vāyu-s

Prāna – Space – head, brain; moves downward and inward; fills spaces in the cells, governs inspiration

Udāna – Air – throat, diaphragm; moves upward; governs movement of diaphragm and intercostals, supports exhalation, responsible for speech

Samāna – Fire – navel, small intestine; moves linear; connected to agni and governs secretion of digestive juices and liver enzymes; creates hunger

Apāna – Earth – colon, pelvis; moves downward and outward; regulates kidneys, urination, defecation, menstruation, child birth, ejaculation

Vyāna – Water – heart, whole body; moves throughout body; governs cardiac activity; circulation, nutrition and oxygenation of cell tissue and organs; circulation of blood and lymph; movement of joints and skeletal muscles

