

## PRĀṆAMAYA PRACTICE

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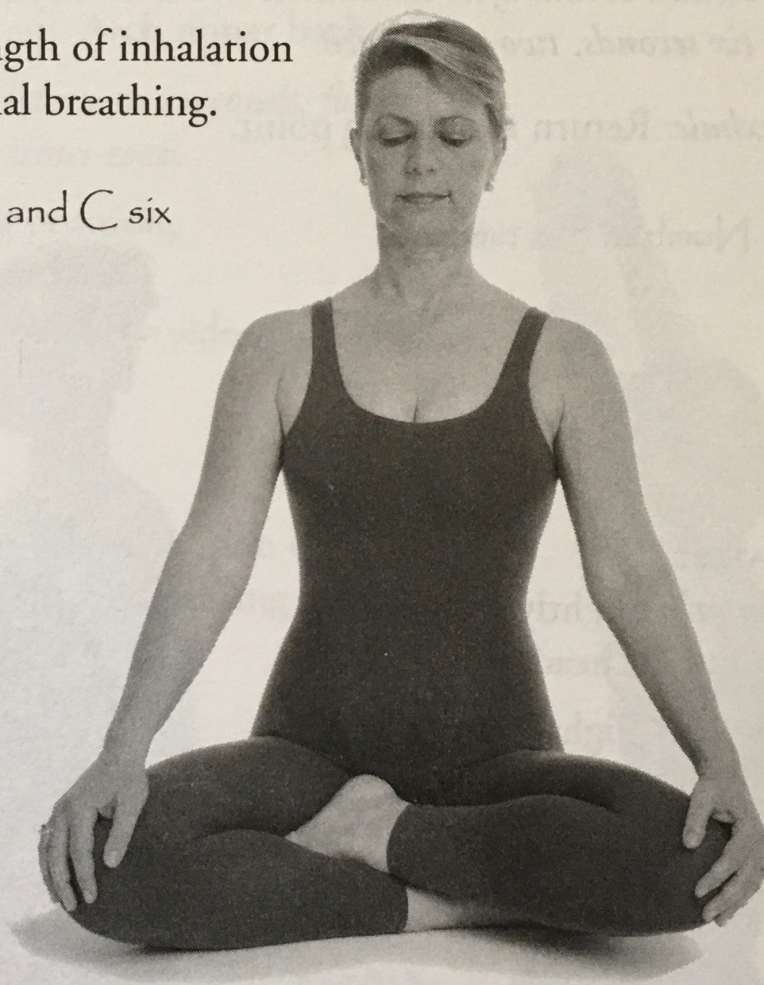
POSTURE: *Siddhāsana*

EMPHASIS: Seated breath awareness

TECHNIQUE:

- A: Progressively deepen inhalation and exhalation to a comfortable maximum length of inhalation. Let exhalation pace inhalation.
- B: Sustain this breathing.
- C: Progressively reduce length of inhalation and exhalation to normal breathing.

Number: Repeat A, B, and C six times each.



DETAILS:

- On inhale:* Follow the downward flow of inhalation, expanding progressively from chest to belly.
- On exhale:* Follow the upward flow of exhalation, contracting progressively from pubic bone to navel.



## THE FIVE ASPECTS OF THE VITAL BODY

***Prāṇa*** or “that which goes everywhere” is responsible for reception or input, including that of breath, food, and sensory input.

***Apāṇa*** or “that which takes away” is responsible for elimination: what should be eliminated, what should not be eliminated, and when to eliminate.

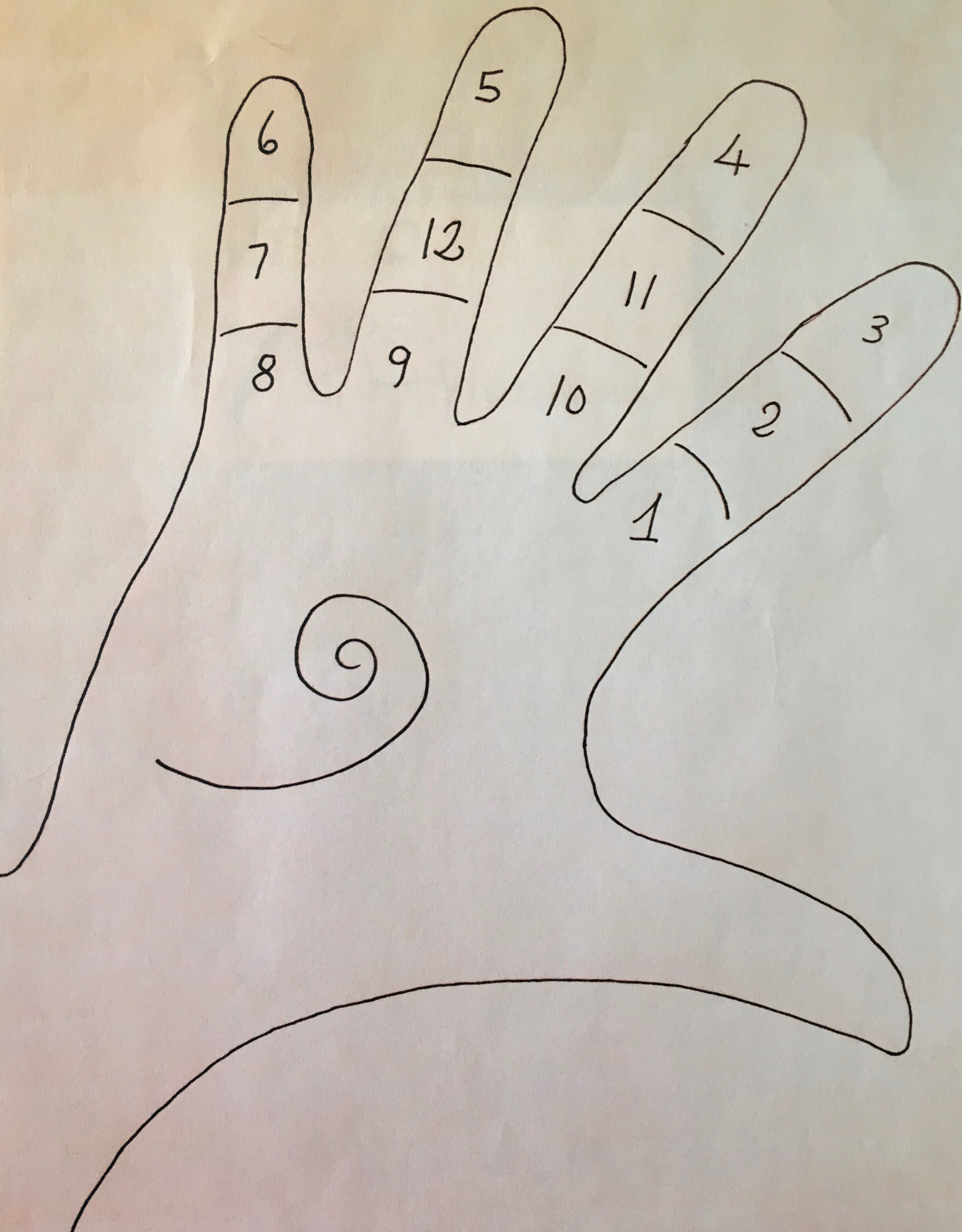
***Vyāṇa*** or “that which makes things distinct” is responsible for sensation, as well as for lifting, grasping, and throwing.

***Udāna*** or “that which leads up” is responsible for our ability to speak, as well as for our ability to move our bodies.

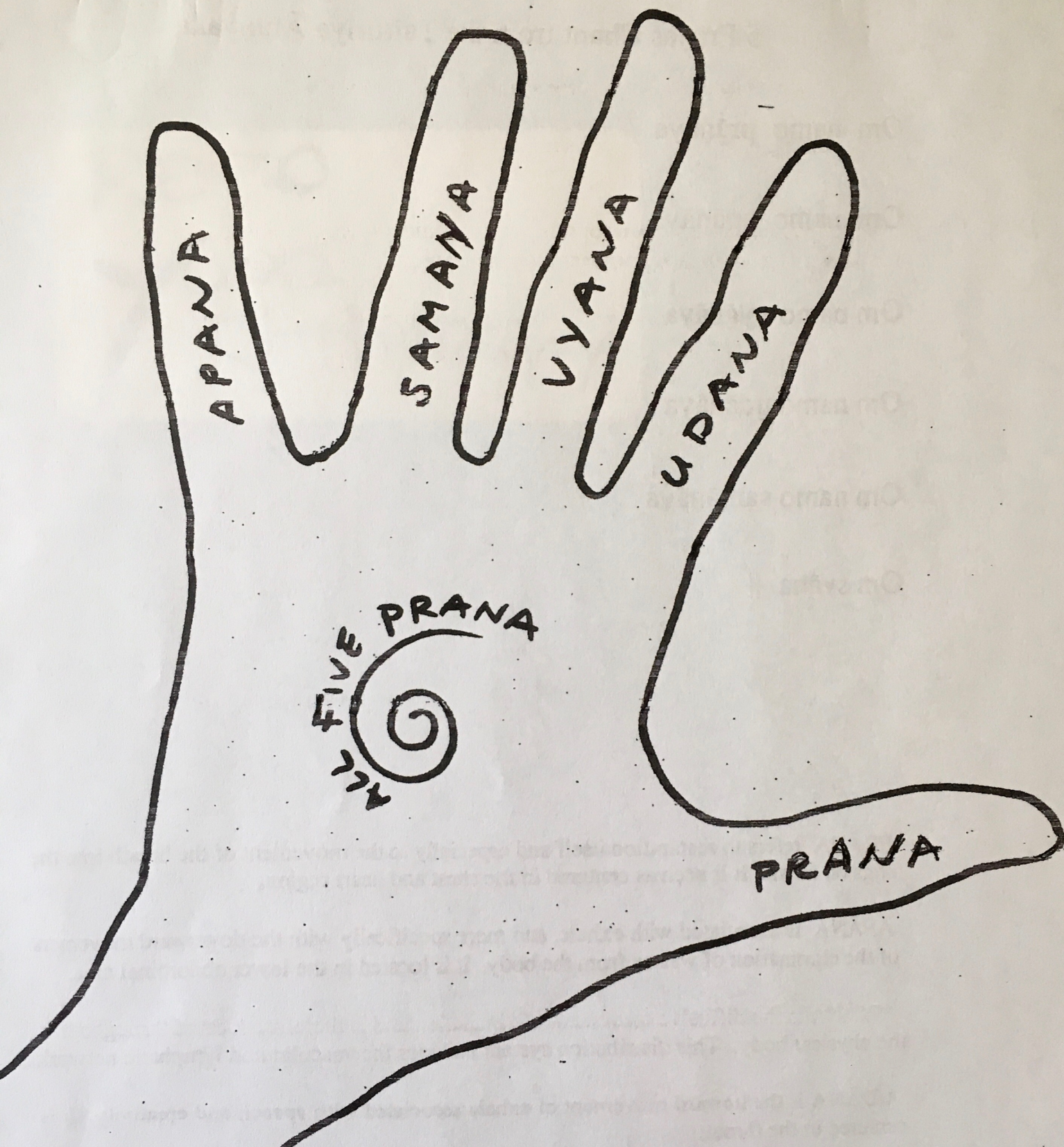
***Samāna*** or “that which takes what is required to where it is required” is responsible for distributing nourishment throughout the body.

We have considered how *āsana* can be adapted to positively influence our physical structure. We can also adapt *āsana* to influence our systems energetically and to address our constitutional needs. The primary means of adapting *āsana* to support our constitutional needs involves the appropriate selection of postures and the adaptation of the breath throughout our practice. In this context, *āsana* can be used to support a deeper constitutional work that is achieved through *prāṇāyāma*.











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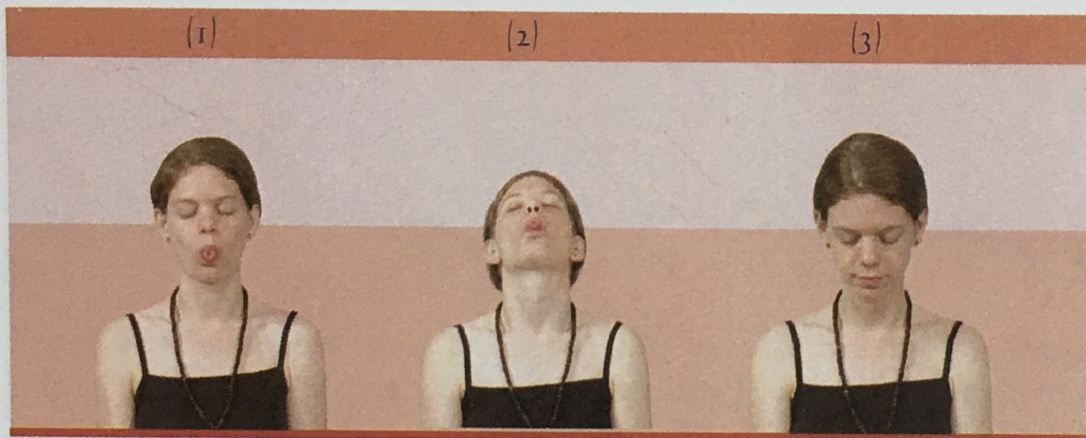
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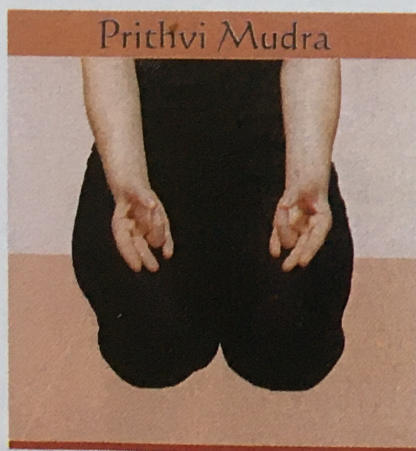


## ~ Sheetali Pranayama

- Sit in *vajrasana* with your back straight and your eyes preferably closed.
- Roll your tongue to form a hollow as shown in picture (1).
- Start with your chin down. Start to inhale through the hole made by the tongue.
- As you inhale raise your chin (2).
- At the end of the inhalation, fold your tongue backward and close your lips.
- Then exhale through your nostrils as you lower your chin towards your neck (3).
- Repeat for 12 breaths (One inhale and one exhale = 1 breath).
- Relax for a few moments.



## ~ Prithvi Mudra



- Place the tips of the thumb and ring finger together.
- Use light pressure.
- Extend the other fingers and place your hands on your knees with the palms facing upwards.
- Focus the mind and direct the breath to the subtle connection between your fingertips.
- This eliminates the energy deficit in this area and activates the root *chakra* in which our elemental force resides.
- The *mudra* acts as a lock, sealing in the energy which you have generated through class.



## 5 Prana Chant from the Tattiriya Aranyaka

OM NAMO PRANA - YA

OM NAMO APANA - YA

OM NAMO VYANA - YA

OM NAMO UDANA - YA

OM NAMO SAMANA - YA

### THE FIVE ASPECTS OF THE VITAL BODY

PRANA - "that the goes everywhere"

is responsible for the reception or input, including that of breath, food, sensory input.

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.

PRANA - SPACE- head, brain; moves downward and inward; fills space in the cells, govern inspiration.

APANA or "that which takes away"

is responsible for elimination: what should be eliminate, what should not eliminated, and when to eliminate.

Is associated with exhale, and more specifically with the downward movement of the elimination of wastes from the body.

APANA - EARTH - colon, pelvis; moves downward and outward; regulates kidneys urination, defecation, menstruation, child birth, ejaculation.

VYANA or 'that which make things distinct'

is responsible for sensation, as well as for lifting, grasping, and throwing.

Is the diffuse movement of circulation and is therefore located throughout the physical body.

VYANA - WATER - heart, whole body, governs cardiac activity; circulation, nutrition and oxygenation cell tissues and organs; circulation of blood and lymph; movement of joints and skeletal muscles.

UDANA or 'that which leads up'

is responsible for our ability to speech, as wells for our ability to move our bodies.

It is the upward movement of exhale associated with speech and creativity, is center is in the throat.

UDANA- AIR- throat, diaphragm; moves upward; governs movement of diaphragm intercostals, supports exhalation, responsible for speech.

SAMANA or ' that which takes what is required to where it is required'

is responsible for distributing nourishment throughout the body.

SAMANA - FIRE - navel, small intestine; moves linear; connected to agni and governs secretion of digestive juices and liver enzymes; creates hunger.



trol, we are not using the partial glottal contraction used in *ujjāyī*. The throat is left relaxed. Instead, the valve is created at the nostril. One nostril is sealed completely, usually at the soft part of the nostril flap below the cartilage of the nose. The nostril through which we are either inhaling or exhaling is **partially sealed** by pressing slightly just below the cartilage, with either the thumb or ring finger.

### ANULOMA (WITH THE GRAIN) UJJĀYĪ

In this technique, we inhale using the *ujjāyī* glottal contraction, and we exhale through alternate nostrils.

### VILOMA (AGAINST THE GRAIN) UJJĀYĪ

In this technique, we exhale using the *ujjāyī* glottal contraction, and we inhale through alternate nostrils.

As we have seen, exhalation tends to have a more calming effect, whereas inhalation tends to have a more stimulating effect. Therefore, alternate nostril exhalation (*anuloma ujjāyī*) tends to be more calming, while alternate nostril inhalation (*viloma ujjāyī*) tends to be more energizing.

### PRATILOMA UJJĀYĪ

This technique is carried out as follows:

First we

- inhale, using the *ujjāyī* glottal contraction,
- exhale through the left nostril,
- inhale through the left nostril, and
- exhale, using the *ujjāyī* glottal contraction.

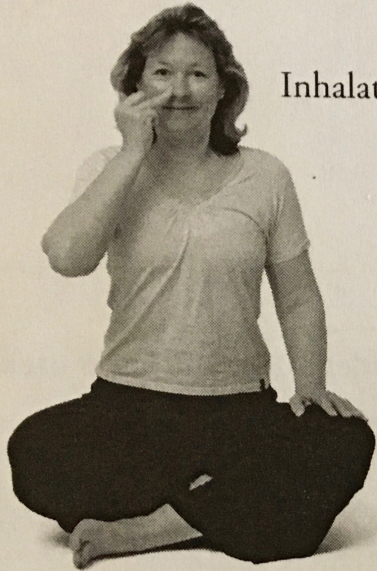
Then we

- inhale, using the *ujjāyī* glottal contraction,
- exhale through the right nostril,
- inhale through the right nostril,
- exhale, using the *ujjāyī* glottal contraction.



# 1. Sukhasana

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Inhalation

## Effect

Balancing Effect on the body and mind. Releases neck tension.

## Instructions

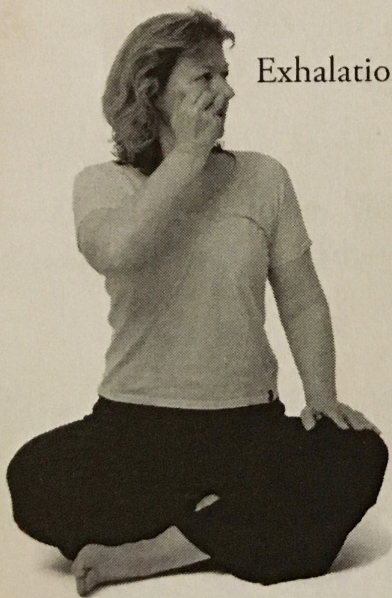
Sit on a cushion. The right heel is close to the cushion. The left is placed forward. Both feet are pointing outwards. Close the right nostril with the right ring finger.

## Inhaling

Inhale slowly through the open left nostril.

## Exhaling

Turn the head to the left and exhale through the left nostril at the same time.



Exhalation

Repetition:  $\times 8$ . Then change the leg position, ring finger and rotation and repeat  $8 \times$  the other side.



## 12. Siddhasana

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### Effect

Builds up energy through extended inhalation and holding of the breath. Strengthens the respiratory muscles.

### Instructions

Sit on a cushion. The right heel is close to the cushion. The left heel is placed in front of the right foot. Both legs are rotated outwards. Change the position of your legs in the sitting posture now and again, to avoid any muscular imbalances.

### Breathing rhythm

Inhalation: 4 seconds, 2 second pause (fullness of the breath)

Inhalation: 4 seconds

Exhalation: 8 seconds

Repetition:  $\times 6$

### Breathing rhythm

Inhalation: 6 seconds, 2 second pause (fullness of the breath)

Inhalation: 6 seconds

Exhalation: 12 seconds

Repetition:  $\times 8$

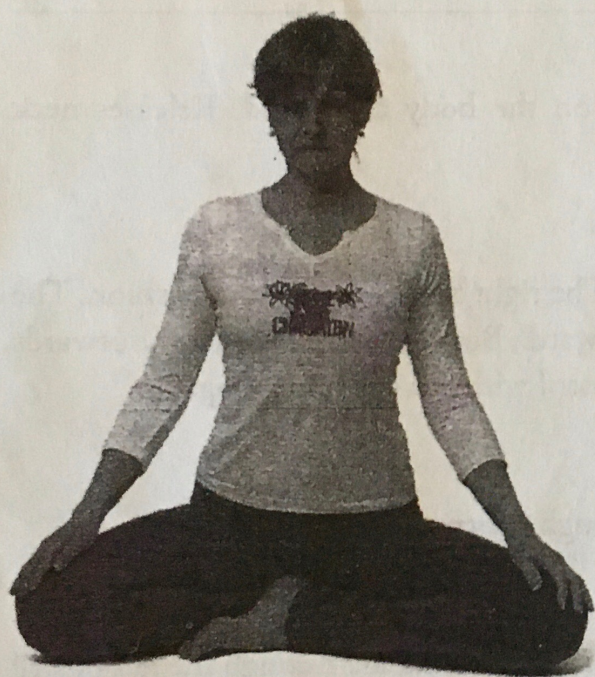
### Breathing rhythm

Inhalation: 4 seconds 2 second pause (fullness of the breath)

Inhalation: 4 seconds

Exhalation: 8 seconds

Repetition:  $\times 4$  Also, watch the breath and the effect on your mind.



### Note:

Only increase the inhalation if you feel all right. Respect how you feel at that moment and observe your limitations. If you have high blood pressure or a heart complaint, do not hold your breath. If you already have a large inhalation volume, you can increase the length of the inhalation.