

Pran-anusandhan Pranayam



- Aharan Pranayam** - Involves witnessing the Smooth flow of the Inhalation & Exhalation. --Breathe without making an effort.
- SamiKarana Prayanam** - “To equalize”. Unity of Pran & Mind. While **Exhaling**, descend from the crown to the perineum in the front & While **Inhaling**, ascend from the perineum to the crown from the back of the body. **do this 10-12 times.**
- Deergha Prashvarsa Pranayam** - “Requires Effort”. Exhalation is Longer than the Inhalation. Let your exhalation & inhalation move downwards & upwards while sweeping the entire body (in the front). Exhale slowly & deeply (Do Not Push Yourself). We are keeping awareness in the front of the body during inhalation.
- Nadi Shuddhi Pranayama** - this demands more effort. Use your right hand to block your right nostril, inhale from the left slowly, HOLD, and then exhale from the right slowly and much longer. (ratio is 1:4:2) . with caution if you have a heart issue.THEN reverse the cycle. Block left side et... .. ** Do this 3 rounds ** (to deepen the pranayam do Kumbhaka (holding of your Breathe much longer). From 5,6 & 7 you are supposed to apply Mool-bandh (holding of Anul muscle).
- Anulom Pranayam** - “to follow the same trail” (block R. Start with left side). So Mool-bandh and begin to Exhale & Inhale through the same Nostril Rapidly & Forcefully. Repeat on the other side
- Viloma** - “to follow and reverse the trail”. (Block R starts with left). So Mool-bandh and Exhale left & Inhale right, both actions done rapidly and forcefully. Then switch to the other side. ** Do this 10-12 times**.
- Pratilom Pranayam** - “ To switch the trail Back and forth’(alternate breathing). Exhale & Inhale Rapidly & forcefully TWICE then switch to the alternate side. ** Do this 10-12 times**.

