

"As long as there is breath in the body, there is life. When breath departs, so too does life. Therefore, regulate the breath." - Hatha Yoga Pradapika- Chapter 2: Sutra 3

PRANAYAMA Engage Bandhas (Locks).

5 DEEP BREATHS

1. EXHALED HOLD 20 COUNTS 3 TIMES RECAKA (complete exhalation)
INHALED HOLD 30 COUNTS 3 TIMES PURAKA (complete inhalation)
(2:3 RATIO) BEGIN WITH 12 EXHALED AND 18 INHALED BUILDING TO HIGHER COUNTS

5 DEEP BREATHS

2. INHALED 25 COUNTS PURAKA-ANTAH KUMBHAKA- hold after inhale
EXHALED 20 COUNTS RECAKA-BAHYA KUMBHAKA-hold after exhale
REPEAT 3 TIMES (5:4 RATIO) BEGIN WITH 15 INHALED AND 12 EXHALED BUILDING HIGHER

5 DEEP BREATHS

3. NADI SODHANA (alternate nostrils) Close bridge of nose with 2 fingers and thumb after inhale or exhale

BEGINNING EXHALE LEFT, & THEN:

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|--------------------|---------------------|-----------------------------------------|
| 1. INHALE 12 Right | 11. INHALE 12 Right | 18. EXHALE 12 Left (Gradually |
| 2. EXHALE 12 Left | 12. EXHALE 12 Right | 19. INHALE 12 Left increase to |
| 3. INHALE 12 Left | 13. INHALE 12 Right | 20. EXHALE 12 Left 20 counts |
| 4. EXHALE 12 Right | 14. EXHALE 12 Right | 21. INHALE 12 Left exhaled and inhaled) |
| 5. INHALE 12 Right | 15. INHALE 12 Right | 22. EXHALE 12 Left |
| 6. EXHALE 12 Left | 16. EXHALE 12 Right | 23. INHALE 12 Left |
| 7. INHALE 12 Left | 17. INHALE 12 Right | 24. EXHALE 12 Left |
| 8. EXHALE 12 Right | | 25. INHALE 12 Left |
| 9. INHALE 12 Right | | 26. EXHALE 12 Right |
| 10. EXHALE 12 Left | | |

TO FINISH : INHALE RIGHT, EXHALE LEFT

5 DEEP BREATHS

4. BASTRIKA (In Lotus hold feet, or if cross-legged hold hips, open chest)
50 COUNTS BASTRIKA, INHALE AND HOLD 15 COUNTS PURAKA
EXHALE, INHALE
50 COUNTS BASTRIKA, INHALE AND HOLD 15 COUNTS PURAKA
EXHALE, INHALE
50 COUNTS BASTRIKA INHALE AND HOLD 15 COUNTS PURAKA

5 DEEP BREATHS

5. SURYA BHEDANA PURAKA-ANTAH KUMBHAKA: HOLD AFTER INHALE 15 COUNTS

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|---------------------------------------|--------------------------------------|
| 1. EXHALE LEFT INHALE RIGHT 64 COUNTS | 4. EXHALE LEFT INHALE LEFT COUNT 64 |
| 2. EXHALE LEFT INHALE RIGHT 64 COUNTS | 5. EXHALE RIGHT INHALE LEFT COUNT 64 |
| 3. EXHALE LEFT INHALE RIGHT 64 COUNTS | 6. EXHALE RIGHT INHALE LEFT COUNT 64 |

TO FINISH EXHALE RIGHT, INHALE RIGHT, EXHALE LEFT (BEGIN WITH 30 COUNTS, GRADUALLY BUILDING TO 64) 1:4:2 RATIO EVENTUALLY ON INHALE:HOLD:EXHALE

5 DEEP BREATHS AND FINISH WITH SITALI

6. SITALI (COOLING BREATH)

INHALE WITH CURLED TONGUE THROUGH MOUTH AND HOLD 15 COUNTS (PURAKA)
3 TIMES

5 DEEP BREATHS

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Inhale: "God Approaches you" Exhale: You approach God"

Hold Inhale: "God remains with you" Hold Exhale: "Surrender to God" (Krishnamacharya)