

Basics For Successful Pranayama Practice

- Have a box of tissues close by
- Make sure stomach and bowels are empty
- Ensure air quality is good and you have proper ventilation
- Do some simple stretches before practice
- Wear comfortable clothing and sit in a comfortable position
- Use timer to track time
- Make a commitment to practice daily, or at the least, a few times each week



- Find a relaxed, comfortable position sitting on a chair or on the floor.
- Try to keep your back straight, but not too tight. Let your hands rest wherever they're comfortable.
- Invite your body to relax. Let yourself relax and become curious as you sit here, embodied.
- Notice any sensations in your body, the connection with the floor or the chair. Do your best to relax any areas of tightness or tension. Breathe.
- Now shift your FOCUS to the rhythm of your breath. Feel the natural flow of breath—in, out.
- You don't need to do anything to your breath. Let the breath be as it is, without forcing it or controlling it to change.
- Notice where you feel your breath in your body. It might be in your abdomen. It may be in your chest or throat or in your nostrils. See if you can feel the sensations of breath, one breath at a time. When one breath ends, the next breath begins.
- If you are not able to notice the breath, that is OK. Over time, and with practice you will cultivate a relationship with your breath.

Mindfulness & Breath

Intention:

To simply “notice”
the breath as it is...

...moving in the body
naturally.

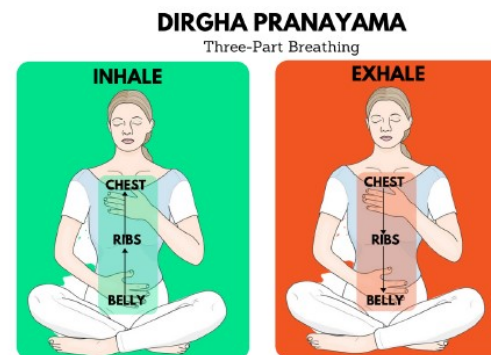


- Begin to slow the breath down, tune into it.
- Place your hands on your clavicles.
- Take a deep breath and notice if you feel a subtle rise of the clavicles.
- Repeat 3x inhale, and exhale (through the nose).
- Now place the hand on ribs.
- Inhale and notice how the rib cage expands.
- Exhale and notice how the rib cage contracts, expelling as you press rib cage in
- Repeat 3x inhale, and exhale.
- Now place the hands on the belly.
- Inhale, filling belly like a balloon.
- Exhale all the breath out, squeezing the belly into low back.
- (Repeat a few times) = guiding them through 3x inhale, and exhale.
- Lastly, relax on the hands, or place the left hand on heart.
- Right hand on belly.
- Notice the swell of the belly, ribs and clavicles on each inhalation.
- On every exhalation, notice the body soften and contract as all the breath is expelled out.
- Repeat 3x inhale, and exhale.

3 Part Breathing

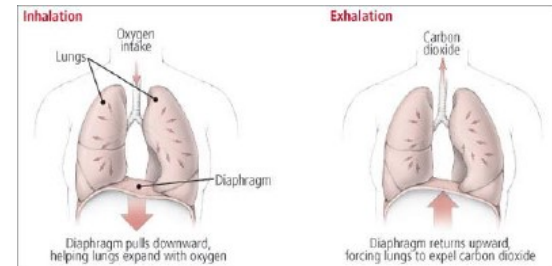
Intention:

To notice the 3 parts of the breath and to increase awareness.



- Place hands on belly, fill all the way.
- We can regulate the body systems by regulating the breath.
- Rest hands on belly and chest, or in any comfortable position
- Close your eyes, and invite relaxation.
- Inhale (through the nose) for a count of 4 (counting 1, 2, 3, 4 in your mind).
- Hold the breath in (retain) for a count of 4.
- Exhale (through the nose) for a count of 4.
- Hold the breath in (retain) for a count of 4.
- Repeat this breathing cycle 4-6x to induce a feeling of relaxation.

Equalizing Breath



Intention:

Equal Breaths In = Equal Breaths Out