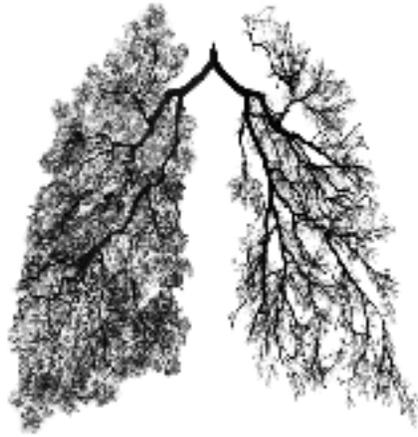


REVERENCE FOR THE BREATH



A MANUAL ON THE SACRED MEDICINE THAT IS THE BREATH

Shawna Schenk

Yoga With Shawna Inc.

The breath is life.

**When you change your breath,
you change your life.**

Dedicated to changing your life [for the better] every day...

WISDOM + THE BREATH

“So long as the breath is restrained in the body, so long as the mind is undisturbed, and so long as the gaze is fixed between the eyebrows, there is no fear from Death.” -Hatha Yoga Pradipika

Using Wisdom With Breath:

The breath is life. Yet so many of us are afraid of life. So many of us are afraid to really live. For some of us, this fear may be deeply repressed. We are playing it safe and we don't realize it.

The breath is life. It will bring up your life. Your associations with life. How you live life. All that you feel and think and are in your life.

For many this is fear.

This training is focuses on transmuting that fear into love.

“He lives most life whoever breathes most air.” -Elizabeth Barrett Browning

Fear can come up when working with or instructing others with breath breathwork.

It is important to approach every aspect of life with WISDOM.

This starts with:

- your breath
- your body
- your mind
- your emotions
- your soul...

It is important that you approach every breath exercise with wisdom over fear. Turn to inner knowing and cultivating a space within yourself that is full of truly knowing yourself .

When working with breath, you are expanding a physical part within you. Only 30% of us breathe to our lung's full capacity which means there is a lot of growth to happen. Rushing this can cause physical reactions. Wisdom teaches to **never rush**. Breathing is not a race.

To get the maximum benefits, go slowly in developing your practice. Teach others to do the same.

Be patient. Breathwork should never be done in a hurry.

We live in an urgent society. We want to see results NOW. Urgency is another name for fear. We must practice patience with breath. Wisdom reminds us **to enjoy the journey**.

Breathwork should never try to be advanced too quickly. A lot of us like to mimic what we see instead of truly feel. We want to do a breath exercise like we see others doing instead of feeling it truly within

us and making the decision to do it as it best serves our health and wellbeing. **Allow the practice to be done in a way that suits you, only.** Wisdom reminds us to breath only in the way that serves us.

When you work with breathwork, you are working with prana which is vital energy. The Yoga Scriptures personify prana as the deadly cobra. When you are working with pranayama you are you must remember you are hanging with this cobra. Pranayama is a very powerful force that can bring extraordinary powers. It is important that pranayama is approached with love, ethics, and morals. It should be approached carefully.

When working with breathwork you are dealing with delicate organs including the lungs, the heart, and the nerve centers. It is important to take great care to not strain any part of the body by overdoing the practice or pushing yourself. Do everything gently and avoid even the slightest strain. Never hurry or operate from ego. Always breath with love.

Fear tells us to listen to others over ourselves. Wisdom says listen within. Listen to your body. When something feels wrong or if you have something going on in your body, honor it. Do not try to be where you think you should or want to be. Be where you are. Engage with the conversation of your body. Your body talks to you to tell you how to take care of yourself. **Take care of yourself.**

Ego tells us we must do “the most” or “be the best” or “reach this number of rounds of breath” or “beat this ridiculous goal.” Wisdom does not set goals. **Wisdom accepts where we are** in the here and now and knows that by continual working on ourselves we better ourselves and grow and evolve as time allows us. We will be where we will be when we are ready.

Breath is a sacred practice. It is your life.

It is your breath. Wisdom operates only from this place.

Please remember no one knows your body other than you. We must listen to your body every second of every day: if you are not operating from this place, start with your breathwork practice. Constantly check in. Listen to your body. Do what is only good for it. Your breath is medicine. Take your medicine in the dosage and manner that serves you. You are your own breath doctor. Cultivate your best prescription and watch yourself heal.

RECOMMENDATIONS OF WISDOM + LOVE FOR WHEN COMPLETING BREATHWORK EXERCISES:

- Communicate with your body. Listen to your body. Talk to it.
- If you start to feel uncomfortable in anyway: this includes but is not limited to feeling dizzy, seeing spots, things are starting to go black, you feel light-headed, your stomach hurts, you feel pain, etc, etc.
 - Stop the exercise and allow your breathing come back to its natural pace.
 - If you are standing, sit down.
 - Drink water
 - Come to child's pose or savasana pose.
 - Grab your index finger (make a fist around it). The index finger represents the element AIR and this will help regulate the air in the body.

“Beginners should not be in a hurry and strain themselves. Regular practice will gradually lead to perfection.” -Sri Swamin Satchidananda

- Move slow. We are building a foundation and adding to it slowly, slowly, slowly. Even rapid breathwork should be done slow and built upon. There is no finish line. Be the turtle not the rabbit.

“Just as lions, elephants and tigers are controlled by and by, so the breath is controlled by slow degrees, otherwise (*i.e.*, by being hasty or using too much force) it kills the practiser himself.” -Hatha Yoga Pradipika

- Take it easy. We are working with the elemental force of air. This element is about being expansive not being rough or fast or fiery.
- We are filling the brain and blood up with oxygen. Use wisdom with your heart and brain, if have heart or blood conditions, etc.
- Face your fears. Can you discern the difference between ego and fear and an actual problem your body is having in relation to the breath exercise?
- It takes about 6-8 hours to completely digest your food. It is best to wait at least 2 hours (most saying “several hours”) before doing strenuous breathwork exercises. The stomach should feel light.
- With abdominal breathing exercise use wisdom if you are pregnant, on your moon cycle, have serious stomach issues, etc.
- Do grounding exercises if you are feeling “too high.”
- Do anything you feel that isn't listed here to take care of yourself and that you know works for you: you are in charge.

“In the beginning there is perspiration, in the middle stage there is quivering, and in the last or the 3rd stage one obtains steadiness; and then the breath should be made steady or motionless. The perspiration exuding from exertion of practice should be rubbed into the body (and not wiped), as by so doing the body becomes strong.

- Hatha Yoga Pradipika

- Breathwork purifies the body. Eat clean and pure to stay in alignment with the medicine you are taking.
- Breathwork is not advised to do under strong, direct sunlight
- Women are not recommended to do rapid breathing practices (Kapalabhati and Bhastrika) during their moon cycle (and for 2-3 days afterward).
- Pregnant women who are regular practitioners may continue to practice breathwork for the first 3 months leaving out rapid breathing practices (Kapalabhati and Bhastrika). After childbirth, considering there are no complications, women may restart Kapalabhati and Bhastrika after the fourth or fifth month).
- Pregnant women who are new to breathwork should do only deep and gentle breathing and gentle Nadi Suddhi during pregnancy and for 6 months after childbirth.
- Those with blood pressure and coronary disease should consult their physicians.

You and your body are a team working together.

Be a unified force and stay on the same page.

“When the whole system of nâdîs which is full of impurities, is cleaned, then the Yogî becomes able to control the Prâṇa.” By removing the impurities, the air can be restrained, according to one's wish and the appetite is increased, the divine sound is awakened, and the body becomes healthy.

-Hatha Yoga Pradipika

What if you want to do certain breath exercises but you can't?

You can direct prana with your thoughts. Visualize yourself doing the exercises. The breath and the mind are so intertwined that wherever one goes, the other follows. See yourself doing them as if you actually are. Picture yourself actually doing the exercise in the REALEST way. The subconscious mind thinks everything is “real” so you will get all of the same mental, emotional, and spiritual benefits from simply visualizing you doing the exercise.

This is why thoughts become things.

This is also why you can get a stomachache from thinking of a painful memory.

This is also why you can have exactly what you want whenever you want it!

“Believe nothing. No matter where you read it or who said. No matter if I have said it, unless it agrees with your own reason and your own common sense.”

-the Buddha

Your breath is your true teacher.

To letting your breath be your guru and guide you along the way.....

POSITIONS FOR BREATHWORK

Posture becoming established, a Yogî, master of himself, eating salutary and moderate food, should practise Prâṇâyâma, as instructed by his guru.

-Hatha Yoga Pradipika

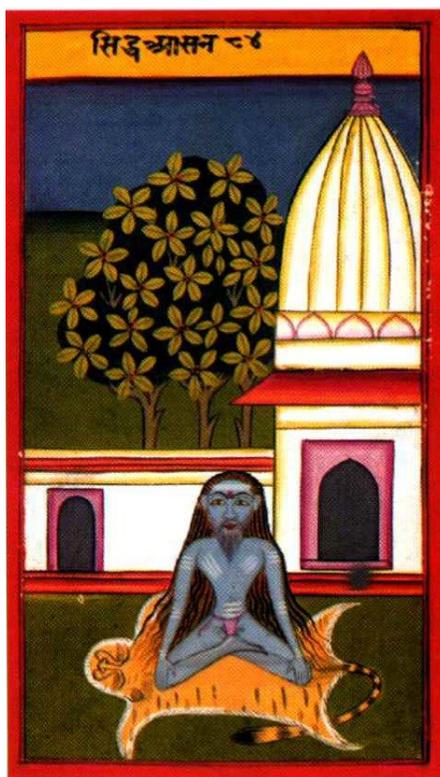
The posture should always be relaxed and never stiff.

Seated Position

Some examples include:

- Easy Pose (Sukhasana)
- Accomplished Pose (Siddhasana)
- Lotus (or Half Lotus) Pose (Padmasana)
- Hero's Pose
- Bound Angle Pose (Baddha Konasana)
- Cow-Faced Pose (Gokhumbasana)
- Staff Pose (Dandasana)
- Guru's choice (you)
 - Apply various Mudras** to any seated position [See chapter on Mudras]

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Benefits: Seated poses enable flexibility by stretching the legs (hamstrings, quads, and calves), back, and muscles around the pelvis/the hips. Sitting on the floor provides a position of stability, which facilitates opening the body. It is grounding and provides safety. If you get dizzy in a seated breathwork exercises you are already on the ground so there is not as great of an issue of you hurting yourself. Seated poses teach correct posture and help to re-write bad posture we give to the body. It provides a clear passage way undisturbed for the respiratory system and

FAITH + EMOTIONS:

According to Universal Kabbalah, whenever we do anything from a seated position we are tapping into the emotional world so this enables us to work on our emotions. Breathwork done in a seated position helps us to feel, heal, balance, and release our emotional body. It is also connected to FAITH so breathing from seated position conjures faith within us. Breathwork in this position can be very emotional in the best way. It can also be deeply healing to repressed emotions or negative emotions you are ready to outgrow.

¹ Siddhasana From a seated position, one heel is brought to press on the perineum with the sole of the foot flat against the inner thigh. The body sits on top of this heel. Adjustments are made until the body is comfortable and the pressure is firmly applied. Then the opposite ankle is placed over the first, so the ankle bones are touching and the heels are above one another with the top heel pressing the pubis directly above the genitals.

Seated positions ultimately helps us get in touch with our feelings and bring equilibrium to emotions that can bring us out of balance in heart/feelings.

Tips:

- Sit against a wall to keep yourself supported and grounded with a straight posture.
- Sit on a block (or a few) to bring the hips higher and release tension in the hips/knees/legs.
- Sit on a meditation cushion to bring a supported and comfortable posture.
- It is important to keep the spine straight/not hunch over. If you do breathwork with an improper seated position it is counterproductive. When your spine is straight and your shoulders and head are in alignment.
- Pay attention to your core: keeping your core engaged with help with back issues or areas of overcompensation in the body when seated for long periods of time.
- Specific breathing postures are of greatest benefit to be done in seated position especially positions that focus on abdominal pumping.
- Seated positions include sitting on the floor, under a tree, in wheel chair, folding chair, in a bed....there are no limits although a flat and stable surface is recommended.

Supine Position:

- Laying down on the back (Savasana)
- Restorative Camel (Block or bloster placed between the shoulder blades to open the chest): This pose is active and not an option for all breathwork but does help us get deeper into the chest and belly as we open up the lungs and counteract poor posture where we are crushing the diaphragm/lungs by hunching.

Benefits: Laying on the back provides the deepest form of grounding energy: it is as if we are “charging ourselves” are Mother Earth. It provides safety, stability and security. It is the most calming way to do breathwork and arguably the safest as you can never faint or get dizzy when lying down.

HOPE + THE PHYSICAL WORLD:

Universal Kabbalah believes the prone position with the health and connection to the physical world. Here is where HOPE lives. By doing breathwork in the prone position you are able to face, heal and balance issues associated with the physical while activating or building hope within the mind, body and soul. Prone breathwork is important to help you establish healthy and safe relationships with all things physical in your life may it be it your physical body, money, physical things, etc.

Breathing in supine position helps dictate positive ACTIONS in our life. When we get up, we will be more motivated in live in ACTION and DO what brings us light and positivity.

Tips:

- Use an eyepillow to block out light/distractions
- Use a bolster or block under the legs if you have hip issues.
- Find other props or tools to get yourself comfortable
- Not every breathing exercise can be done from Prone Position

- Do not fall asleep: becoming too comfortable or losing focus is not the goal. Breathwork is ACTIVE and it is important to stay conscious.
 - Your body is always talking to you. The breath exercise will always give your body exactly what it needs as the medicine of conscious breath goes exactly where the body needs erving. If you do fall asleep, your body is reminding you to get more sleep!

Standing Position

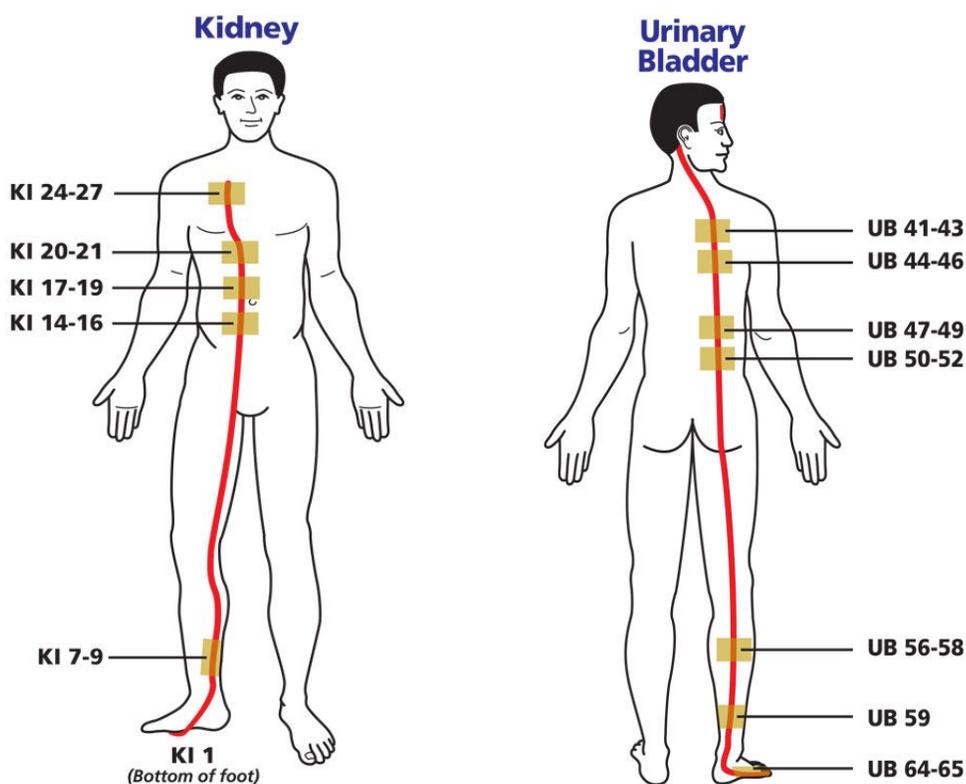
- Standing (Mountain Pose)
- Standing Pose with various mudras** [See chapter on Mudras]

Benefits: Standing allows us to feel power and take charge of our life. It stretches the limbs and allows us to counteract all the sitting we do throughout the day that can wreak havoc on our body. It makes u feel strong. It brings control into our life. It helps us to confidently stand up for ourselves. Doing breathwork in a standing position will help subconsciously reprogram the breathing you do while you are standing to that of a fuller and more mindful breath. Breathing in a standing position takes more energy as the prana needs to go to the entire body from crown of head to soul of feet. It is more common to feel dizzy when doing intense breathwork exercises.

Standing also allows the building of a strong and proper posture. It keeps the entire respiratory system and free of blockages so air and energy can move freely: this enables blocks in any areas in the respiratory system to be addressed.

KIDNEY:

Standing also activates the kidney meridians as the first Kidney meridian point is located on the sole of the foot. This, in turn, sends healing to the Kidney energy line which affects various areas of the body (see blow). The Kidney Meridian is associated with Bladder Meridian. They are partners that bring healing to one another. Healing benefits of this include: recharging our internal battery (energizing ourselves), releasing and cleanses, facing fear, helping the bones and improving hearing/the ears. Do not be surprised if you have to use the bathroom a lot after doing standing breathwork.



THE MIND + LOVE

According to Universal Kabbalah, standing activates the mental world and helps us address, face, and heal issues associated with the mind. Getting “in your head” is an effect of doing breathwork in the standing position. Doing Standing Breathwork ultimately helps to calm the mind and bring “mind control” so you are focused, clear headed and liberated from mental disturbances. From here, LOVE is activated as it the divine. Breath standing to help establish healthy relationships with LOVE and also as medicine for the mental body.

Breathing in a standing position helps us dictate positive and divine THOUGHTS in our life.

Tips:

- Standing in Traditional Mountain Pose the insides of the legs are touching: this activate various energy lines (Kidney, Liver, Spleen) and creates a strong and powerful circuit of energy throughout the entire body allowing you to really CHARGE UP your prana.
 - Seperate the feet if you feel dizzy to allow there to be a release from some of this power.
 - Separate the feet if it is more comfortable for your body.
 - Separate the feet if it helps you feel more grounded and balance. Balance is of most important when breathing in standing position
- Squeeze a block between the legs to keep the core engaged on breath exercises where there is not admondamnnial pumping.
- Stand against a wall to feel grounded and keep postured aligned.

Mula Banda:

“Root Lock”

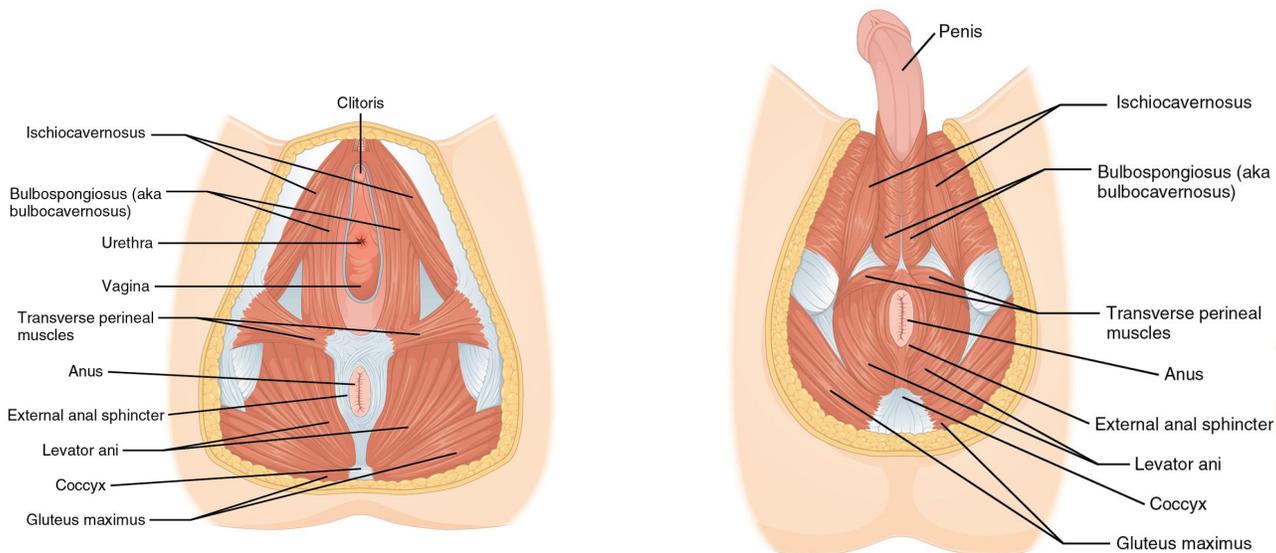
Engaging in Mula Banda while completing breathwork enable the experience to be amplified. Many yogis and healers believe that breathwork and Mula Banda must be done together.

“There is no doubt that by practicing mula bandha . . . total perfection is attained.”

-Hatha Yoga Pradipika

The chief axis of prana is the spinal column, which rises from the perineum to the base of the skull. When we “lock” the base, we are tapping into the chief axis of prana. As a result, practicing Mulda Banda is:

- Stabilizing
- Calming
- Enhancing to concentration
- Powerful as it holds in power // brings you power
- Awakens Root Chakra (energetic vortex of grounding and stable energy)
- Activates the Vayus (winds) of the body



BKS Iyengar defines Mūla Bandha as: "A posture where the body from the anus to the navel is contracted and lifted up and towards the spine."

To clarify: the actual muscle contracted is not the sphincter muscle or the muscle which allows urination, but the muscle equidistant between the two (the perineum).

“The root referred to here is the root of the spine, the pelvic floor or, more precisely, the centre of the pelvic floor, the perineum. The perineum is the muscular body between the anus and the genitals. By slightly contracting the pubo-coccygeal (PC) muscle, which goes from the pubic bone to the tail bone (coccyx), we create an energetic seal that locks prana into the body and so prevents it from leaking out at the base of the spine. Mula Bandha is said to move prana into the central channel, called sushumna, which is the subtle equivalent of the spine.”

SUGGESTED READING: “Moola Bandha: The Master Key” by Swami Buddhananda

MUDRAS:

When doing breathwork you may wonder: *What do I do with my hands?*

Mudras are yoga poses for the hands. The hands are an extension of the heart. The hands are said to have all the secrets of our lives written on them. Whenever we work with the hands, we are working with love and self discovery.

Mudras work physically by activating various reflexology points connected to the different energy lines (meridians) connecting to the health of the various organs in the body. Mudras also send messages to the brain and subconscious.

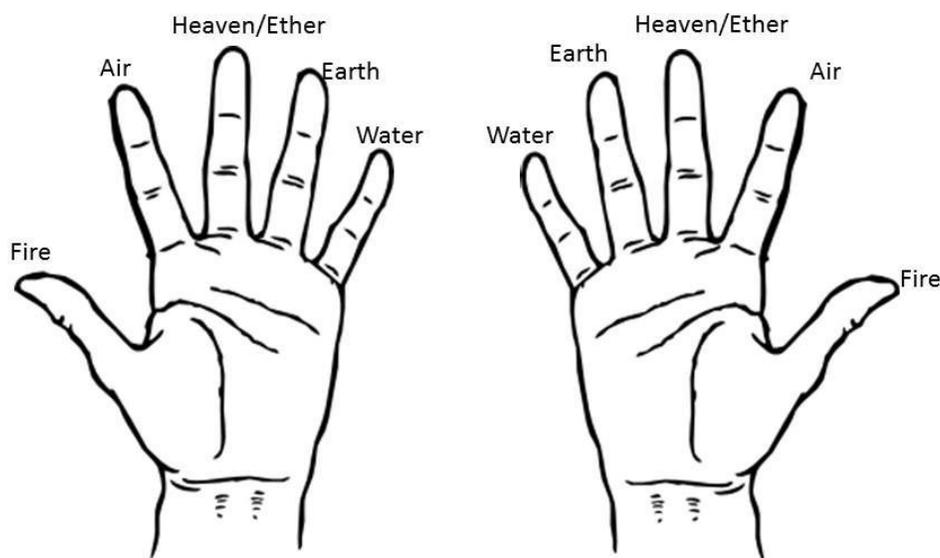
On a spiritual perspective, mudras are a human’s form of communication to the higher world. Mudras allows us to make sacred shapes with our hands that communicate with the universe. It has been said “Mudras are sign language to the Angels.”

Mudras have been practiced for lifetimes upon lifetimes. Their use, as medicine, has been documented over 5,000 years and if you look at various statues and sculptures from different cultures throughout the ages many will be doing a mudra.

Practicing a mudra by itself is powerful medicine and will bring great benefits and deep healing. It suggested to do mudras for a minimum of 3 minutes a day. When we combine Mudras with breathwork another level of healing is accessed. In the same, breathwork is potent without the use of mudras, as mudras are potent with the use of breathwork. All provide various experiences.

There are literally thousands of mudras.

The fingers of the hand represent various emotions, elements, and planets, among other things. The index finger is said to represent the AIR element. When working with the breath, it is important to tap into this element and so using the Index finger in various mudras is supporatie to breathwork exercises.



General rule of thumb with Mudras

To increase energy: Place the thumb on the nail bed

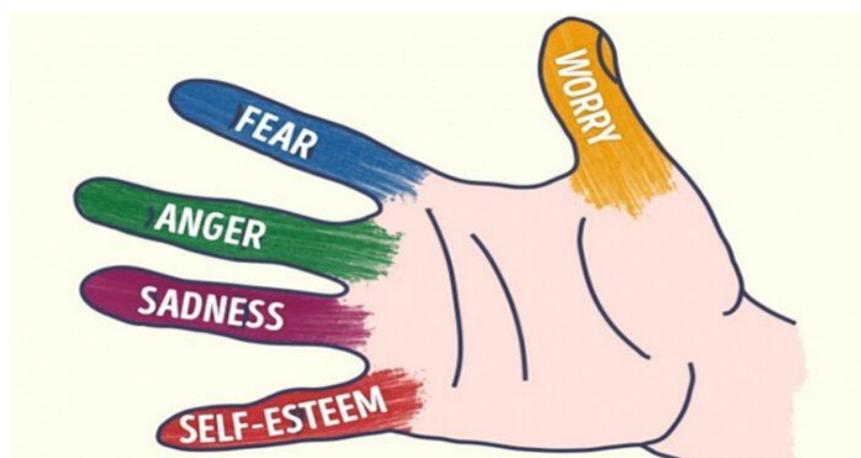
To decrease energy: Place the finger downward

To open energy: Open the hands/fingers

The balance energy: have the tips touch

Therefore, when working with the air element:

- To increase the air element in the body (if you are feeling heavy, confined, stagnant, etc): place the thumb on the nail bed of the index finger of both hands.
- To decrease the air element in the body (if you are feeling spacey, light headed, etc.): bend the index finger downward.
- To open energy (invite in AIR/open up the airways of the body): stretch the index finger high to the heavens (this is also invites in abundance and luck).
- To balance the air in the body, touch both the tips of the index fingers together.



The index finger is associated with the emotion of FEAR. When working with the Index Finger/Air Element, we are working to tackle FEAR.

OTHER MUDRAS HELPFUL WITH BREATHWORK:

Prana Mudra:

Press tips of the ring finger, pinky, and thumb. Extend all other fingers straight.

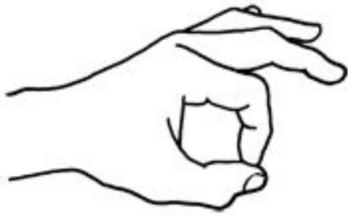


“Prana mudra alters the energy in the body, making you fit in conscious breathing by your hand mudra practice.” It works only on the basis of “successful breathing.”

- Energizes the body
- Awakens all the organs
- Links to the heart and soul of the person
- Alertness
- Brings divine peace
- Broadens the mind
- Eliminates any kind of A, B, C, D, E, K vitamin deficiencies
- Can assist hunger/ thirst throughout fasting
- Improves the regulatory power of the mind
- Decreases nervousness
- Improves self-confidence
- Helps blood flow
- Assists to fight against chronic fatigue and general weakness
- Gives patience
- Helps manage emotions including anger, mental tension, envy, tetchiness, pride, and restlessness
- Helps revive happiness, delight, enjoyment, hope and enthusiasm
- Enhances the immune system

Cin/Gyan Mudra:

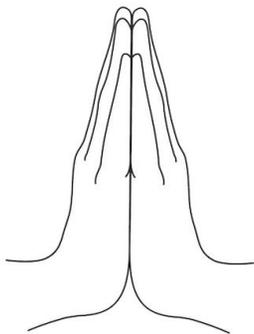
Press the the thumb against the tip of the index finger.



- Activates the lung meridian
- Brings balance
- Brings calm
- Brings unity (The OM of the hands)
- Reminds us “All is good” and everything is going to be ok.

Anjali Mudra:

Press the palms of the hands into one another.



- Activates all the organs/reflexology points on the hand associated with the balance of the physical body
- Balances the left and right hemispheres of the brain
- Brings gratitude
- Teaches reverence and honor
- Activates harmony, peace and calm
- Is very grounding and centering
- Brings clarity

Vayu Mudra:



This mudra release the AIR element in the body. This is great to use if you feel too much prana circulating through your body or you accidentally did more than you should. It also helps with:

- Digestion-It is believed to release gas and bloating
- Parkinson's - It is thought to reduce the tremors
- Stress and anxiety - It is believed to calm a stressed nervous system and soothe the mind
- General pain - It is said to be helpful for pain management
- Joint pain - It is believed to soothe the pain associated with rheumatism, sciatica or gout
- Endocrine system - It supports skin and cartilage and our path to spirituality

CREATING THE SACRED BREATH SPACE

It is important to create sacred space when working with the breath, although breathwork can be done in any space. Practicing outside breathing with trees is deeply healing. Breathing the salt air of the ocean and connecting with the Ocean's breath is also potent. Try to breathe outside in nature (as immersed in nature as you can) as often as possible.

When indoors, practice in a cleansed and sacred space set with the intention of love and healing. Consider opening a door or window to let in fresh air.

You may want to invite in:

- Healing mantras or sound frequencies
- Smudge the space with incense or Sage, Cedarwood, Palo Santo or Sweetgrass smudge sticks
- Candles (as light attracts the higher world)
- Crystals

CRYSTALS:

Crystals are energy friends supporting the environment. Using crystals can amplify and support a breathwork session. The right "breath" crystal will come to you if you listen or open your eyes.

Some suggestions of rock friends to support breathwork are:

- **Tourmaline:** When we breathe, we are releasing: stagnant energy and negative emotions can be released in breathwork. The tourmaline works as a healer: transmuted the negative energies absorbing them in the air and turning them into positive energy. This will keep your breathwork area energetically clean.
- **Tigerseye:** Tigerseye is a founding friend who will help keep you focused in breathwork so your mind doesn't wander.
- **Rose Quartz:** This is the vibration of LOVE. In breathwork, we are taking in. This crystal will help you take in all that is love. She is also a heart chakra crystals which benefits opening the energy center in the hearts and lungs.
- **Turquoise:** She is opening to the upper respiratory system and the energy center associated with the throat chakra. The breath brings truth and she will help you support finding and living your truth on your journey with breath.
- **Amber:** Often times millions of years old, made from the sacred tree resin of Copaiba, she holds the sacred wisdom and energy of the life force of a tree: our partner in breath. She is deeply opening and healing for the lungs and is said to aid lung and breathing issues.
- **Moss Agate:** She is deeply connected to nature. She understands the spiritual alignments that cause physical blockages in the lungs and respiratory system. She will bring you back to your medicine: all that is nature and it will start with the breath.

- **Chrysocolla:** She releases chest tension and helps draw emotions stuck in the chest so we can breath with peace and love.
- **Morganite:** She helps to oxygenate and restructure disordered cells which works hand in hand with breathing exercises. Her energy helps clear the lungs and she is powerful for the nervous system to bring calm during your practice (and life).
- **Angelite:** She is soothing to the lungs and throat. It is a soothing stone used for relieving inflammation and repairing tissue and blood vessels so she is deeply healing to the body on a physical level. Her energy is said to attract Angels: these vibrational friends are helpful to have around (at all times) but especially as we grow with our breath.
- **Emerald:** She treats the sinuses and lungs. She is recommended for those who have breathing issues so she will open you up with LOVE when doing breathwork. She works a strong support system known to help overcome life's difficulties. When working with the breath we are often releasing trauma and so Emerald is a wonderful friend to have by your side as you let go and let in a new truth.

Recommendation: Cleanse your crystals in moonlight or salt water after using them in breath sessions.

EMOTIONS, CONTROL + BREATH

**Remember, the breath is guru. Life is guru. You are life. The guru is you.
Breath helps us bring control to our life.**

The Breath, Control, and Our Mood

Ancient yogis believe we only have so many breaths per lifetime.

Breathing is one of the few things in life we can “control.”

Breathing is the only autonomous system of the body that we can also control. This means that the body governs it but we can change how we breathe.

Mood and Breath are linked together: Our breathe is an indicator of our mood and our mood is an indicator of our breath. This means that if we change how we breathe we can change our mood. It also means that when our mood changes so does our breath.

Therefore, we can control our mood through our breath.

“Feelings come and go like clouds on a windy sky. Conscious breathing is my anchor.” -Thich Nhat Hanh

SCIENCE + BREATH

The lungs are the size of a tennis court.

Scientific Facts on Breath:

- The lungs are one of the largest organs in the body.
 - If you laid out the lungs flat they would cover a tennis court (about 753 square feet (that's the size of an average apartment in San Diego!
 - If you laid out all the airways that run through the lungs it would be over 1,500 miles (that's the distance from Chicago to Las Vegas)
- Our lungs inhale and exhale an average of 16,000 times a day (6 million breathes a year). That is an average of 2,000 gallons of air which the size of a standard swimming pool. This air has a weight of 25 pounds (this is three times as much as the total weight of food and liquids taken in by the average person each day).
- In an average lifespan, you engage with your lungs over a billion times.
- Your left and right lungs aren't exactly the same. The lung on the left side of your body is divided into two lobes while the lung on your right side is divided into three. The left lung is also slightly smaller, allowing room for your heart.
- When you exhale, you actually exhale water (up to .59 fluid ounces an hour)
- Your lungs are the only organs that can float on water.
- The lungs can fit 6 liters of air (that is three large soda bottles)
- We can go without food for 40 days, without water for 3 days but only without breath for a few minutes.

“During Pranayama you are literally drinking gallons of vitality and immunity.” -Sri Swami Satchidananda

How Proper Breathing Works:

- You literally “hug your heart” every time you breathe as your heart is enclosed in a membranous bag attached to the top of the diaphragm. When you breathe correctly, it gets a gentle squeeze with each inhale.
- Each time the diaphragm descends downward, it massages the liver, offering a gentle massage for all the internal organs, including many ductless glands.
- Breathing with the diaphragm creates a gentle therapeutic rhythm in this deep inner region of the body. Breathing this way, allowing the breath to soothe our bodies, is known as the ‘relaxation response.’ It is an internal lullaby “swaying” the body to calm.

BREATH + BAD HABITS

“Above all, learn how to breathe correctly.”

-Joseph Pilates

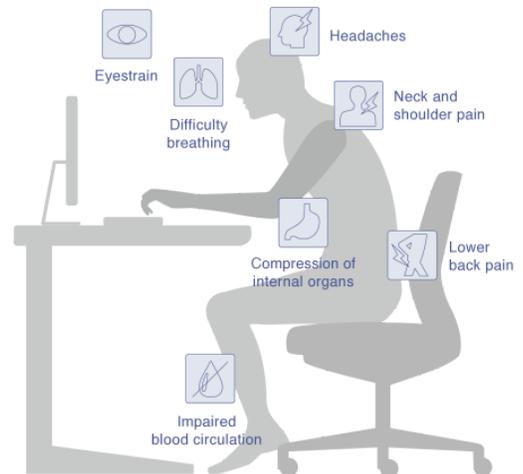
Hungry for Air...Hungry for Life: Bad Breath Habits

Breathing is the only human act that we can do completely consciously or completely unconsciously. Most people breathe unconsciously the vast majority of the time. It has been estimated that approximately one-third of people don't breathe well enough to sustain normal health.

“We start life with a breath, and the process continues automatically for the rest of our lives. Because breathing continues on its own, without our awareness, it does not necessarily mean that it is always functioning for optimum mental and physical health. The opposite is often true. The problem with breathing is that it seems so easy and natural that we rarely give it a second thought.” -Dr. Chankra Pate, Behavioural and Psychological Approaches to Breathing Disorders

What plays a part to leading into unhealthy breath patterns?

- Negative emotions
 - It has been found 90% of all illnesses are trapped emotions in the body).
- Stress
 - The American Institute of Stress has found 75-90% of medical visits are stress related)
 - When the brain is under pressure, our body is eager to keep us alive by escalating our breathing rate.
 - Constantly living in a Fight or Flight Response
- Poor Posture
 - Sitting at a desk all day, standing slumped over, being on our phone and computer throughout the day, being slumped over on a desk or couch all impact the space available for respiration and compromises the space for the lungs to expand into).
- Eating processed foods
- Excessive talking
- Nasal congestion/runny nose
- Rushing around/being “crazy busy”



Most of us are holding our breath, starving ourselves of life.

90% of people have unnatural breathing habits that lead to physical and mental symptoms.

Poor Breathing Habits:

*These habits become subconscious.

- Only breathing into the chest/Shallow Breathing
 - Causes neck, upper back and shoulder pain
 - Our shoulders become hunched up by our ears and it is if we are wearing a “code of arms” to protect ourselves from hurt or danger.
 - Chest breathing fails to draw oxygen into the lower lobes of our lungs where it can be distributed throughout the body.
 - Many scientists believe that chest breathing is the single greatest threat to our short and long-term health. Robert Fried says in his book Breathe Well, Be Well, “The single most stressful thing we can do is to breathe with the upper chest muscles
 - Shallow breathing causes us to breathe off too much carbon dioxide. The lack of carbon dioxide speeds up the heart and is a major cause of anxiety
- Inhalations stronger than exhalations
 - Holds back from letting go
 - Lessens detoxing and cleansing from the body
 - Taking in too much/not giving back
- Holding your breath
- Reverse breathing (where the diaphragm rises instead of falls on the inhale):
- Mouth Breathing + Over breathing (this includes mouthbreath and also: sighing, noticeable breathing during rest, and taking large breaths prior to talking)

MOUTH BREATHING

The Truth on Mouth Breathing

Breathing through the mouth actually is an effect of stress being put on the body. Natural breathing is to be done in and out through the nose. We over-breathe by breathing in and out through our mouth and our nose. This taxes the systems of our body, our blood, cells and energy system.

“The mouth is for eating. The nose is for breathing” -Ancient Proverb

The nose is a vital organ in the body. It was designed for breathing and smelling. The mouth was designed for eating and talking.

Our nose is a vortex: the gateway providing life, meshing the spiritual and physical world in to our existence as a human being.

It has been estimated that 30-50% of humans breathe through their mouth.

Dr. Pat Barelli, Otolaryngologist (1994): “The role of the nose in health and in respiration has been greatly neglected by physicians.”

“The vast majority of health care professionals are unaware of the negative impact of upper airway obstruction (mouth breathing) on physiologic health,” Possible Adverse Consequences of Chronic Mouth Breathing. Adapted From Graham, T. (2012)

The Consequences of Mouth Breathing:

- Gives the body unfiltered, poorly humidified air into the lungs
- Asthma
- Upper-chest breathing which is inefficient and causes fatigue /takes energy
- Chronic over-breathing
- Greater incidence of snoring and sleep apnoea
- Bad breath
- Dental decay
- Gum disease
- Dysfunction of the jaw joint
- Narrowing of the dental arch, jaw and palate
- Crowded and crooked teeth
- Open bite, malocclusion (teeth not fitting together properly)

- Greater potential for relapse of orthodontic corrections
- Dysfunctions of the muscles around the jaw and lips
- Loss of lip tone with the lips
- Noisy eating
- Swallowing problems
- Trauma to soft tissues in the airways
- Enlarged tonsils and adenoids

“Hiccough, asthma, cough, pain in the head, the ears, and the eyes; these and other various kinds of diseases are generated by the disturbance of the breath.”

-Hatha Yoga Pradipika

The Power of Nose Breathing:

The nose has at least 30 health protecting functions/roles. These include the following:

- It warms and cleanses/alters air to prepare it for healthy delivery to the lungs
- filters out dust particles, viruses and bacteria, keeping our lungs in pristine condition
- The structures within the nose regulates the direction and velocity of the air stream to maximize exposure to a network of arteries, veins, lymphatics, and nerves
- Nose breathing gives approximately 50 percent more resistance to the air stream, as compared to mouth breathing. This results in 10 to 20 percent more oxygen uptake.
 - There must be sufficient nasal resistance during inhalation to maintain elasticity of the lungs.
- Nasal breathing increases circulating blood oxygen and carbon dioxide levels
- Nasal breathing slows the breathing rate
- Nasal breathing improves overall lung volumes
- Traps large particles with the nose hairs and small particles via mucous membranes
- Facilitates inhalation of nitric oxide—this increases oxygen transport throughout the body and also keeps the blood vessels relaxed/calms the body
- Helps prevent colds, ,allergic reactions, hayfever, irritable coughing
- Retains some moisture from exhaled air preventing nasal dryness
- Facilitates correct action of the diaphragm
- Promotes activity of the parasympathetic nervous system, which calms and relaxes the body, slows the breathing and the heart, promotes digestion
- Allows the correct position of the tongue (against the upper palate) and lips (together), assisting formation of the natural dental arches & straight teeth
- Reduces likelihood of snoring and apnea

Adapted from: JUNE 2018 CONTENTMENT The American Institute of Stress www.stress.org

BENEFITS OF BREATHWORK

“Prana is the best tonic, the best medicine for all types of poisons and viruses. Proper breathing can heal.”

-Sri Swami Satchidananda

The Benefits of Breathwork

Most believe that we breathe with our lungs only, but the work of breathing is being done by the whole body and the whole body benefits so breathwork benefits the entire body.

70% of our toxins are released through our breath. 80% of our nutrients are received through our breath. Breath is the food of life and our deepest cleanser.

What are the physical benefits?

“By proper practice of pranayama all disease is eradicated . Through improper practice all diseases can arise.” - Hatha Yoga Pradipika

- Improves the energy levels and oxygen levels in the body
- Helps to break patterns/addictions
- Balances the flow of energy in the body
- Feeds the healthy cells of the body
- Helps to balance the endocrine system
- Helps to alleviate stress, respiratory ailments, and psychosomatic illness
- Aids weight loss /reduces cravings
- Anti-aging
- Lowers blood pressure
- Balances sleep patterns
- Promotes healthy digestion
- Allows our skin to breathe
- Increases the amount of stress in the body's tissues
- Reduces the risks of literally hundreds of diseases
- Preventive medicine for cancer: cancer cells cannot thrive in cells that are richly oxygenated
- Helps quit smoking
- Brings blood to a healthy pH
- Increases muscle tone
- Helps chronic pain
- Strengthens the systems of the body
- Energizes
- Calms
- Helps heal the brain
- Boosts the immune system // helps fight autoimmune diseases
- Has an anti-inflammatory effect
- Gives physical health
- Purifies the nervous system
- Eliminates toxins from the body and blood
- Produces lightness of body

- Protects the body
- Proper digestion//good appetite
- Revitalizes the lungs
- Super charges the blood with extra oxygen
- Helps cure asthma and other respiratory disorders
- Helps eliminate excess mucus that cause sinus discomfort/hay fever
- Can bring heat to the body when it is cold or cool it off when there is too much heat (you can exhilarate the blood circulation and stimulate the entire body quickly)
- Helps improve athletic performance
- Charges the body with extra energy
- Builds stamina and endurance
- Can help vocalists (expands lung capacity)
- Gives longevity of life

“So long as the (breathing) air stays in the body, it is called life. Death consists in the passing out of the (breathing) air. It is, therefore, necessary to restrain the breath.” -Hatha Yoga Pradipika

Breathwork builds the vital capacity of your lungs. Studies have found that the low lung vital capacity had a high correlation to heart disease. It has also been found long before a person becomes terminally ill, lung vital capacity can predict lifespan. Breath is one of the best indicators (aside from age) to predict death. This means if we build our lungs, we build our vitality, our life.

What are the emotional benefits?

- Elevates moods
- Clears past traumas: grief, guilt, shame, anger
- Helps to reduce worry and anxiety
- Heightens awareness of self-sabotaging patterns so you can work through them
- Increases our JOY and GRATITUDE
- Relieves depression and negative emotions
- Aids in positive self development
- Provides emotional well-being

“The breath is the king of the mind.”- BKS Iyengar

What are the mental benefits?

“Breath is the bridge which connects life to consciousness which unites your body to your thoughts.” -Thich Nhat Hanh

- Increase confidence and self esteem
- Brings clarity and focus
- Helps with ADHD

- Create alertness
- Enriches creativity
- Improves personal and professional relationships
- Teaches discipline and commitment

“Respiration being disturbed, the mind becomes disturbed. By restraining respiration, the Yogî gets steadiness of mind.” -Hatha Yoga Pradipika

What are the spiritual benefits?

Then God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” -Genesis 2:7

- Connects us to our intuition and truth
- Taps in to ancient wisdom of the body necessary to heal
- Stimulates the pineal gland: the third eye and center for intuition
- Brings us close to our soul
- Connects us to all: the cycle of life for the air around us is something different earth beings and creatures use and need in different ways
- Allows you to remember you are important and have a place on our earth.
- Teaches us abundance.
- Provides a guide map on how to live a life full of balance.
- Reminds us that we serve one another and that you are needed/we all are needed.
- Your one job is to breathe: if you do good at this job, everything benefits.
- Reminds you of your power of choice.
- Helps us connect with the cosmos, infinite and limitless energy
- Brings unity: all humans SHARE and breathe the same air.
- Is cosmic: ***When you breath, you are not just taking in oxygen, you are taking in Prana. Prana. Oxygen gets diffused in the lungs and then gets into the bloodstream while prana gets into the entire body : it enters every area (physical, mental, emotional, spiritual, energetic), vibrating every cell of your body with new life. Prana is the vital force that makes up the entire cosmo. When you breath, you are connecting with the cosmos and taking in cosmic power. From here, anything is possible.***” -Sri Swami Satchindanda

Some thoughts to meditate on:

- The breath is the anchor.
- The breath is more precious than gold.
- No matter where you go, you are never away from it.

- There is nothing more connected to you and your breath than you and your breath. It is your closest and oldest friend. It is the first thing you ever did on Earth. It will be with you your entire life as when it leaves you, you leave you.

“Brahmâ, and other Devas were always engaged in the exercise of Prâṇâyâma, and, by means of it, got rid of the fear of death. Therefore, one should practise prâṇâyâma regularly.” -Hatha Yoga Pradipika

BREATH + HYGIENE

We must hold reverence and take care of the spiritual highway that is our respiratory system.

Breath Hygiene

We must honor the vortex that is our nose.

There are various ways to honor and nurture your nose. Talk to it and it will tell you how to best serve it! The following are a few nasal rituals that powerfully cleanse the nose allowing for deeper and more full breathes. These rituals can be viewed as “brushing your teeth” for your nose. These rituals are important because the nose is the doorway to the brain and the direct route to consciousness.

Blowing Your Nose: What is the relationship to when your nose is stuffy and you are not expressing your truth? What is the correlation between feeling stuck in the past and not being able to breathe through your nose? Every time you blow your nose, a rebirth in this sacred passage awakens. It is a ritual: a means to let go and let in. We must let go of all that does not serve us, physically. Then the emotional, mental, energetic and spiritual self will let go too. It will mimic this vortex. It may seem obvious but so many of us allow ourselves to stay stuck. The nose is a symbolic passage way of letting it all out.

Steaming through Steam Pot or Hot Shower: Sometimes a tissue isn't enough. This enables old/tough stuff stuck to become softened and released. It is a gentle approach using the element of fire, water and air to create a trinity of power to cleanse.

Nasya Oil: Nasya is an Ayurvedic detoxification treatment for purification of the head, chest and nasal passway. This medicinal oil is typically made from ghee, sesame oil, olive oil, etc. and then mixed with various medicinal herbs that honor the nasal cavity. This ancient ritual is done by sticking a few drops of oil in the nose in each nostril (1-3 drops per nostril) and then massaging the nose or inhaling the oil in. Benefits of the Nasya are vast and include balancing the elements of the body, providing soothing relief for nasal dryness, helping the nasal cleansing process, relieving sinus congestion, relieving stress, strengthening vision, promoting mental clarity, improve the quality of voice, it is a brain tonic, fortifying and cleansing to all 5 senses organs, boosting immunity via our cervical lymph system, providing allergy relief, deepening the breath bringing in more oxygen to the brain, and protecting against re-circulated air. It is a compliment to breathwork exercises.

Recommended [organic + pure] Nasya Oils:

- Banyan Botanicals, Nasya Oil (Sesame Oil, Olive oil, Brahmi, Calamus, Skullcap, Eucalyptus)
- SVAyurveda, Sinus Infusion (Camphor, Rosemary, Peppermint, Sweet Basil, Ajwain, Sage, Lavender, Lime, Frankincense, Citronella, Sweet Orange in a kosher vegetable base)
- SVAyurveda, Ida Pingala Oil (Sushumna oil) (Vetiver (and Nut grass (in a base of Jojoba, Sweet Orange, and Sesame oil)
- Making your own

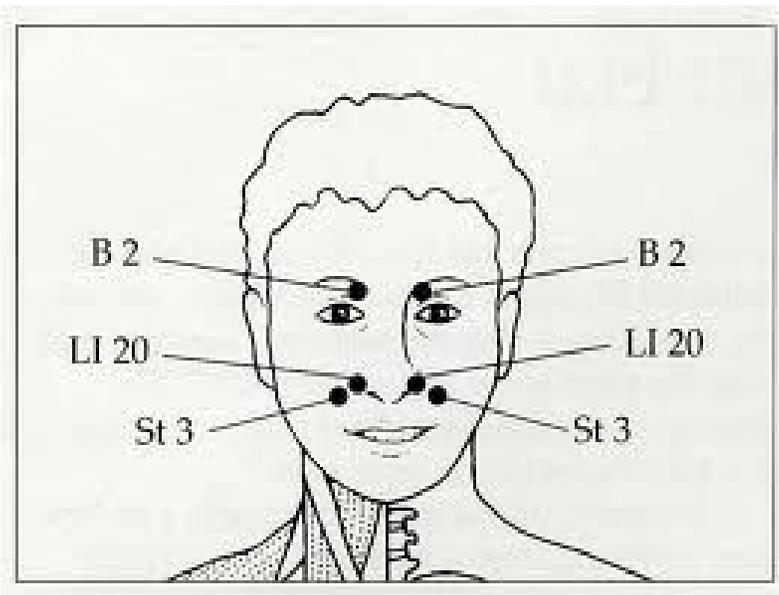
Neti Pot: An ayurvedic ritual used for thousands of years and named the “oldest form of nasal irrigation”, Neti in Sanskrit means “nasal cleansing” and employs using a pot filled with water and salt (or various herbs). It is one of the 6 cleansing practices listed in the Hatha Pradipika: “The Neti is the cleaner of the brain and giver of divine sight. It soon destroys all the diseases of the cervical and scapular regions.”

Be sure to use Nasya Oil prior to the Neti and listen to your body/nose as this practice does not serve everyone.

Nasal Massage: Stimulating various reflexology points along the sinuses helps open up the nasal passage for optimal breathing and help heal congestion. Do so with grace, reverence and honor: use a mantra as you

Suggested Mantras:

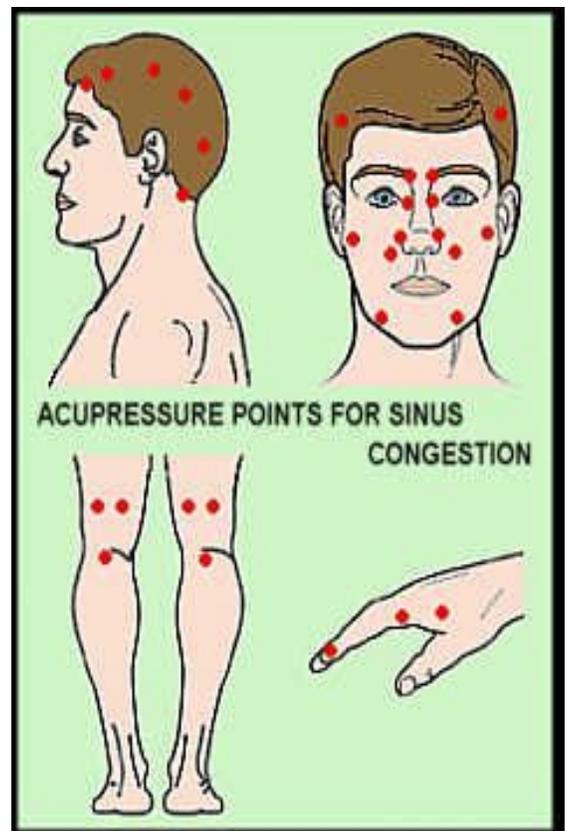
- I receive all that is good in the world.
- I let go of all negativity.
- I release all blockages holding me back from love.
- I have a life full of power.
- I am open.
- I love unconditionally.
- I live adunanty.
- I am here now.



UB 2: “Bamboo Gathering” dispels wind
 LI 20: “Welcome Fragrance” dispels wind
 ST 3: “Great Crevice”: dispels wind

Tuning Fork Frequencies:

- 396 Hz – Liberating Guilt and Fear
- 417 Hz – Undoing Situations and Facilitating Change
- 528 Hz – Transformation and Miracles (DNA Repair)
- 639 Hz – Connecting/Relationships
- 741 Hz – Problem Solving/Intuition
- 852 Hz – Returning to Spiritual Order



C- Root Chakra D- Sacral Chakra E- Solar Plexus F- Heart Chakra
 G- Throat Chakra A- Third Eye Chakra B- Crown Chakra

Dry Brushing

Dry Brushing affects a different area of the body (cleansing the lymphatic system) and is not directly correlated to the breath on a physical level. On an energetic level, it allows our body to be open to receive, flow, let in and let go. Dry Brush to find freedom from all that clogs you so you can take in and be full and also let go to be liberated.

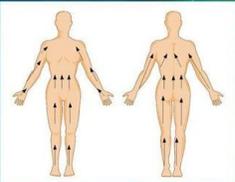
How: Never using water allow it to be a dance, avoiding back and forth, circular or scrubbing motions. Make long sweeps towards the heart. You should only brush towards the heart making long sweeps, Start at your feet, moving up the legs on both sides, then work from the arms toward your

chest. On your stomach, direct the brush counterclockwise. And, don't brush too hard: Skin should be stimulated and invigorated but not irritated or red.

Be sure to use a natural brush to bring natural cleansing to the body. Plastic and synthetic materials should never be used.

When/How long: every day (sometimes twice a day). The best time is in the morning when you get out of bed and/or before breathwork practices.

Health Benefits of Dry Skin Brushing



- stimulates all organs of detoxification
- removes cellulite
- cleanses the lymphatic system
- removes dead skin layers
- strengthens immune system
- stimulates hormone & oil-producing glands
- tones muscles
- stimulates circulation
- improves nervous system
- helps digestion
- helps to tighten skin
- reduces need for body lotion
- easy & inexpensive
- removes excess fluid from body
- known as an effective lymphatic drainage technique
- eliminates clogged skin pores
- helps with even distribution of fat deposits
- keeps skin soft, smooth & younger looking

Plant Medicine + Breath

The humans to the trees, your breath is my breath.
The trees to the humans, your breath is my breath.

We can only live through the power of each of us releasing within us what we don't need and giving a piece of us back to the Earth without question. For this is what keeps us alive.

Food + Herbs

Suggestions for mucus clearing foods: Most greens, Citrus, Onion, Ginger, Figs, Olive oil, and Cayenne

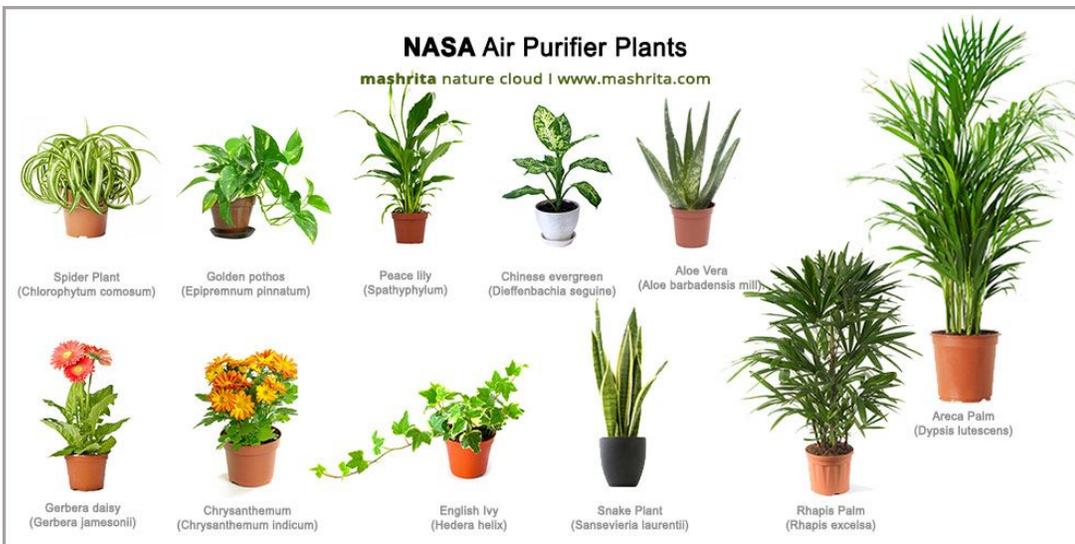
Suggestions for herbs to help support the lungs: Asparagus root, Goji berries, Licorice

Suggestions herbs to help with allergies: St. John's Wort, Rosemary, Nettle Leaf, Licorice Helichrysum, Garlic, Turmeric, Butterbur

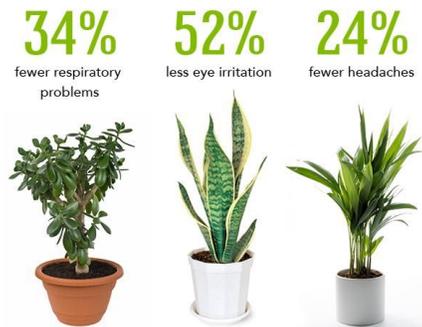
Plants + Home

Plants create oxygen but they also can clean the area of various sorts of chemicals in our homes and environment. We must never be the only living thing in our home.

Some plants to have in your home to breath with you: Dwarf Date Palm Areca palm, Boston Fern, English Ivy, Lilyturf, Spider Plant, Devil's Ivy, Peace Lily, Flamingo Lily, Bamboo Palm, Chinese Evergreen, Broadleaf Lady Palm, Snake Plant, Heartleaf Philodendron, Elephant Ear Philodendron, Red-edged Dracaena, Weeping Fig, Barberton Daisy, Chrysanthemum, Rubber Plant, Kings of Hearts, Moth Orchids



Buildings with Money Plants, Mother-in-Laws Tongue and Areca Palm resulted in:



Essential Oils + Breath

The lungs are one of the most powerful channels into the body. When you breathe, air enters your body through your nose or mouth and transfers to the air passages, which carry oxygen to your lungs. Your lungs then pass oxygen into your bloodstream where it is transported to tissues and organs. Therefore, anything you inhale via the lungs quickly travels to every cell of the body. In fact, the entire process from the initial inhalation of an essential oil to a corresponding response in the body can happen in a matter of seconds. In addition to it being the fastest channel into the body, the inhalation channel allows remedies to bypass the digestive tract and the liver, where it would be subjected to digestive processing. Along with the aromatherapy component of the healing (the plant will trigger the brain and nose and make changes immediately), the plant will talk to the DNA of the body and within 2 minutes be in your entire bloodstream, while in 20 minutes be in all of your cells in your body. The medicine works to teach all parts of the body the lesson imprinted on the plant's DNA. Specific plants and trees have messages to give to help our breath.

Your Body and The Tree Body We are one.



The roots of the tree are the feet of the tree. The bark of the tree is the skin of the tree. The leaves of the tree are the lungs of the tree. When we connect with leaf medicine, we are connecting with Lung Medicine.

The Mints

The Mint family liberate us with refreshing truth. The breath is our truth. The breath is all. The Mints powerfully wake us up, helps us break through blockages that are keeping us from taking in more breath and help us become open to receive and let go. Their medicine is strong and will stay with you constantly being reminded of their lessons. They are deeply healing for the respiratory system and cooling to the mind

and body. Each member of the mint family have their own lesson to teach in relation to honesty and the breath.

Spearmint:



With truth comes deep healings. 90% of our pains and sicknesses are trapped emotions in the body. These emotions are trapped based on false stories we keep replaying to ourselves. Spearmint brings liberation from these lies and in return brings healing to our physical self. She does so in a way that brings happiness and joy. She helps you invite in the breath of life through the bliss that is truth.

Peppermint:



Her leaves are examples of pure sacred geometry, and her energy is of cooling potency. She teaches you how to breath by opening you up. She will remind you constantly to not forget your birth while cleansing and cooling you during every inhale and exhale.

Cornmint:



She is the member of the mint family with the highest level of Methanol at 80% and so for this reason she is the (physical) strongest. She grows wild and will free you from your inhibitions, all that is holding you back or standing in your way of taking in all that your life is. She opens us up so we can breath deeply and from here be awakened providing mental clarity and deep understanding of the self and the world. She will sharpen your intuition.

The Eucalyptus Family:

Eucalyptus is leaf medicine that opens us up. She teaches us to take in our life. She reminds us to breathe. She shows us how to receive. She shows how to let go. She teaches us the dance of synergy. She gives us balance reminding us of our role here on Earth: to give and receive in equal balance as this brings the greatest healing to Earth and all its creatures, for when we take a deep breath in we are experiencing Eucalyptus' (and all the tree's exhale) and when we exhale we are feeding Eucalyptus and the other tree's their inhale. We---all creatures of Earth--rely on each other's inhale and exhale. We exist in greatest health by each taking in and letting go.

Eucalyptus (Blue Gum):



She brings a sense of freedom from situations in our life that make us feel trapped or closed in. She allows our breath to teach us to be open and feel safe. When we feel we are trapped, she reminds us there is no such thing.

Eucalyptus Gully Gum:



She helps us find our breath in a soothing way to help us stand tall in our lives and live in equilibrium.

Eucalyptus Masala:



She is strong and potent. She is here to energize the body and bring clarification to our breath. She is known for breaking up blockages that rob us of our life.

Eucalyptus Mint:



She is not a blend but was naturally made this way to carry the smell of both Eucalyptus and Mint. She teaches us the complexity of all things are natural and simple. She reminds us to never sell ourselves or our breath short. She pushes us to what we could be...

Eucalyptus True:



The gentle eucalyptus family member, she guides us with peace to our breath and our life in balance.

Eucalyptus Blue Mallee:



She speaks wisdom of allowing us to be ourselves and know ourselves. She shows us how to use the breath to explore this part of us. She is said to bring emotional freedom.

The Rosemarys

Rosemary is potent medicine that open us up and clear our brain. They are teachers of the breath as they work hand in hand with circulation, the brain and the respiratory system. The message of the Rosemary family is one of remembrance. She will teach you to remember your breath whenever you need it or forget it. She will also help your soul remember all your breath gives you.

Rosemary (High Cineole):



She opens us to taking in wisdom. Using her enables insight and ephinifies in your breathwork as you remember all of the secrets of your soul and how to apply them to your life here in this Earth body.

Rosemary High Camphor:



She is here to help you breath deep and harmonize the imbalances within, teaching the body its innate wisdom to remember how to come back into equilibrium.

Rosemary Verbenone:



She reminds us how to feel safe to build the foundation that sets the ground for the life we are destined to live. She starts with reminding you your first foundation is an inhale.

Grounding Essential Oils if you accidentally overdo it and feel too “high” from breathwork

Frankincense, Myrrh, Palo Santo, Pine. Spruce, Spikenard, Vetiver

SACRED BREATHWORK:

Pranayama

“Some âchâryâs (teachers) do not advocate any other practice, being of opinion that all the impurities are dried up by the practice of Prâṇâyâma.”

-Hatha Yoga Pradpika

Breathwork + The Hatha Yoga Pradipika

The breathwork exercises we will practicing come from the sacred text, The Hatha Yoga Pradipika.

This sacred text...

- Is the classic 15th century Sanskrit manual on Hatha Yoga: consisting of 4 chapters where one chapter is entirely devoted to breathing exercises: these exercises are known as pranayama.
- Considered among “the most influential texts of Hatha Yoga”
- Is one of the oldest surviving manuals on breathwork
- Considered one of the “most detailed manuals describing the teachings of Hatha yoga”
- The text is dedicated to Lord Siva (the Hindu God of destruction and renewal).
- Is a text that attempts to bring harmony between the pranic and mental
- Translated in 1914 in English

“Hatha Yoga Pradipika”

“Pradipika” means light or to illuminate

“Ha” means sun.

“Tha” means moon

“Yoga” means to unite

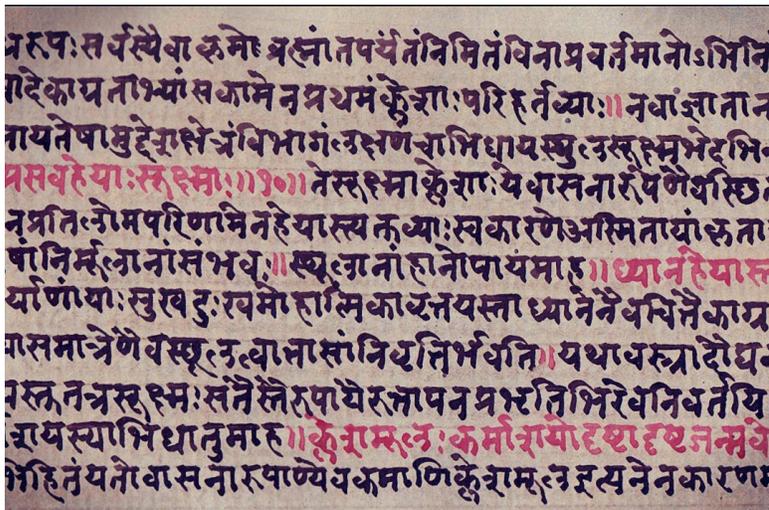
Hatha Pradipika means “illuminating one on how to unite the sun and the moon within”

“Pranayama”

“Prana” means life.

“Yama” means control.

Pranayama is life control, not breath control.



Practice recommendations:

When should you practice pranayama?

- Although the air can, Prana can never be polluted by anything. Gurus will say “even if the air around you is polluted that is no excuse not to practice pranayamas.” Between 4 am to 6 am the ozone is more abundant and this is suggested to be the most powerful time to practice
- Pranayamas is “excellent” preparation for meditation. Pranayamas should be done after asana (stretching).

“Some âchâryâs (teachers) do not advocate any other practice, being of opinion that all the impurities are dried up by the practice of Prâṇâyâma.” -Hatha Yoga Pradipika

How often should you practice pranayama?

“Therefore, Prâṇâyâma should be performed daily....in order to drive out the impurities.” -Hatha Yoga Pradipika.

- Kumbhakas should be performed gradually 4 times during day and night, i.e., (morning, noon, evening and midnight), till the number of Kumbhakas for one time is 80 and for day and night together it is 320. While practicing, he should sit with Siddhâsana, and having performed bandha and Kumbhaka, should begin with 10 Prâṇâyâmas the first day, and go on increasing 5 daily.
- “For one’s health it’s good to have three sessions of pranayama daily. Gradually develop your capacity so you can comfortably practice for 30 minutes a session.”
- Modern recommendation: about 10 minutes so we can see a shift to the parasympathetic nervous system.

PRANAYAMA EXERCISES

“Oxygen is life, so that means you are enriching your blood with a lot of life. And not only do you take in more oxygen but along with air you take in more prana. Every cell of your body vibrates with new life. At that point no virus can even think of coming near you. As soon as it comes near, you burn it out.” -Sri Swami Satchidananda

Nadi Suddhi

Alternate Nostril Breathing



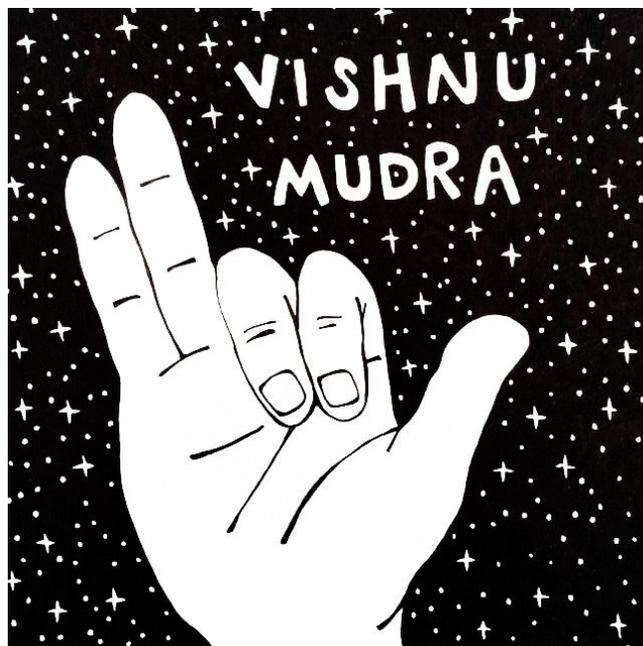
“Sitting in the Padmāsana posture the Yogī should fill in the air through the left nostril (closing the right one); and, keeping it confined according to one's ability, it should be expelled slowly through the sūrya (right nostril). Then, drawing in the air through the sūrya (right nostril) slowly, the belly should be filled, and after performing Kumbhaka as before, it should be expelled slowly through the chandra (left nostril). Inhaling thus through the one, through which it was expelled, and having restrained it there, till possible, it should be exhaled through the other, slowly and not forcibly. If the air be inhaled through the left nostril, it should be expelled again through the other, and filling it through the right nostril, confining it there, it should be expelled through the left nostril. By practising in this way, through the right and the left nostrils alternately, the whole of the collection of the nādīs of the yamīs (practisers) becomes clean, i.e., free from impurities, after 3 months and over.”

Use Vishnu Mudra applied to breathing: Thumb on Right Nostril, Index Finger and Middle Finger (on Third Eye or resting on top of lip),, Pinky and Ring Finger on Left Nostril

Benefits:

Alternate Nostril Breathing is said to:

- Balance the brain
- Purifies the nerves
- Brings lightness of the body
- Proper digestion
- Sound sleep



- Cleanses the nadis
- Strengthens the nadis
- Brings Health and vitality to every part of the body at the most fundamental level
- Deeply calming

Suggested Time^{*2}: 3 minutes (gradually adding more time up to 30 minutes).

² Time is a suggestion. Student should do only what feels comfortable, stopping immediately if anything feels wrong. It is at the practitioners will and these exercises should always be used with WISDOM.

The Kapâla Bhâti कपाल भाति

The Skull Shining Breath // Breath of Glow

“When inhalation and exhalation are performed very quickly, like a pair of bellows of a blacksmith, it dries up all the disorders from the excess of phlegm, and is known as Kapâla Bhâti.” -Hatha Yoga Pradipika

- Only the abdominal area moves, while the chest remains still.
- Do not slump the posture (this will strain the chest muscles if you are in the wrong position, so you can place your hands on your knees which helps keep the chest open).
- Kapalabhati is rapid diaphragmatic breathing: this is done through a series of rapid expulsions (exhalations).
- The abdomen should move in as the air moves out. Beginners should place their hand on their stomach to feel this/gain awareness/ensure they are doing this properly.
- Make sure your shoulders don't bounce
- The focus is on the exhalations on: emphasis the exhalation only. After every exhale air will flow in naturally to the lung (they body is smart and will inhale inherited).
- Inhales/exhales only through the nose
- This breathwork needs to be done in a steady posture (standing or seated) because of the contractions of the abdomen). The head/neck/shoulders/trunk be be in alignment so they chest can be well expanded and the abdominal muscles can be relaxed for proper breathing
- After the last expulsion, inhale deeply and exhale slowly as comfortable.

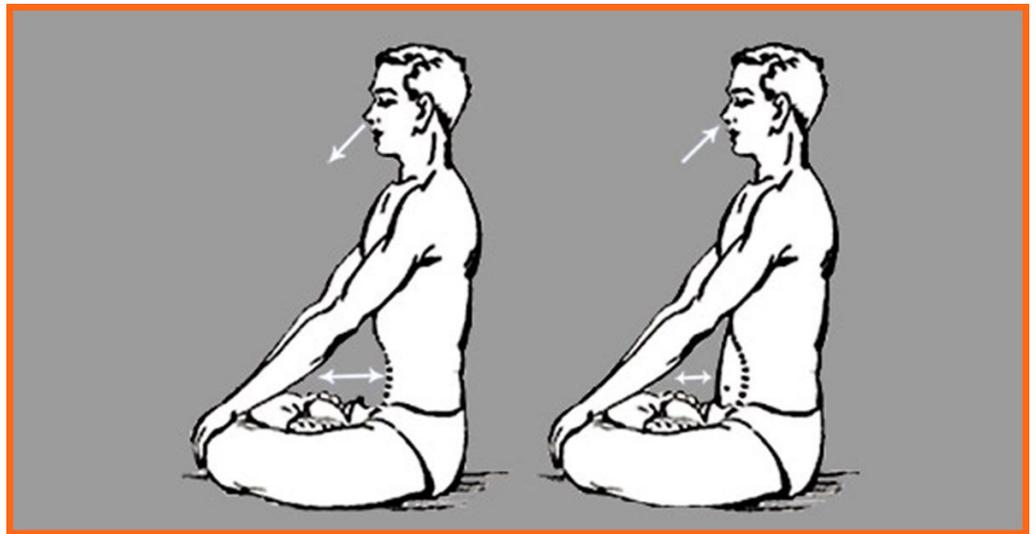
Although this is a rapid breath, do not hurry. Take your time and grow into your practice.

Benefits:

- Cleanses the nadis in the skull
- Burns out excess mucus that causes sinus problems and allergies
- Cleanses the entire system
- Makes the skin look youthful/de-ages
- Makes the aura glow

Suggested Time*:

10 Breaths per round (adding 5 each day until 320 a day) for 3 rounds (adding more rounds as the body feels comfortable).



Experienced students can work up to 5 rounds of 100 (or more expulsion per round up to 320 a day) along as there is no strain to the system).

- Women are not recommended to do Kapalbhathi during their moon cycle (and for 2-3 days afterward).
- Pregnant women who are regular practitioners may continue to practice breathwork for the first 3 months leaving out rapid breathing practices Kapalabhati. After childbirth, considering there are no complications, women may consider restarting Kapalbhathi after the fourth or fifth month).

The Bhastrikâ (भस्त्रिका)

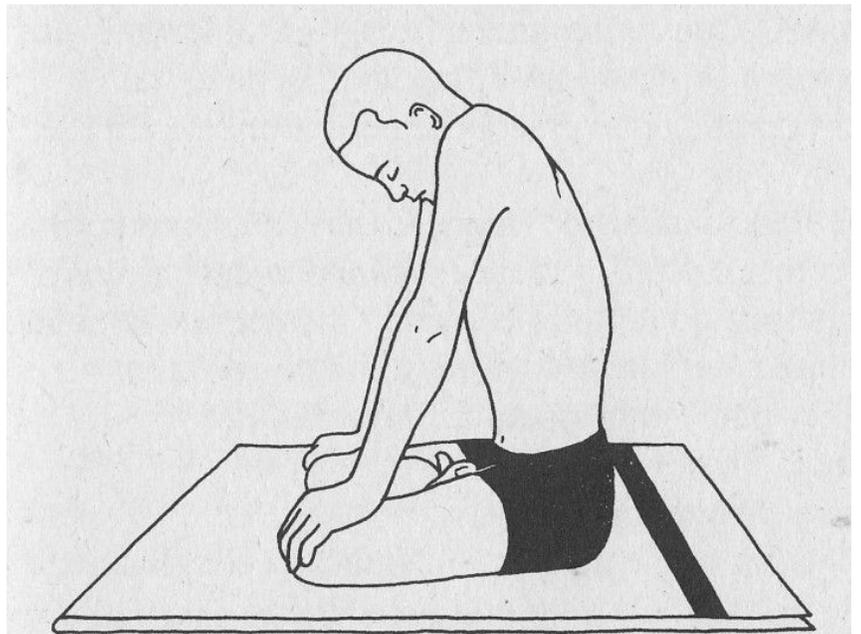
Bellows Breath // Breath of Fire // Dragon's Breath

"The Padmasana consists in crossing the feet and placing them on both the thighs; it is the destroyer of all sins. Binding the Padmasana and keeping the body straight, closing the mouth carefully, let the air be expelled through the nose. It should be filled up to the lotus of the heart, by drawing it in with force, making noise and touching the throat, the chest and the head. It should be expelled again and filled again and again as before, just as a pair of bellows of the blacksmith is worked.

This Bhastrikâ should be performed plentifully, for it breaks the three knots: Brahma granthi (in the chest), Viṣṇu granthi (in the throat), and Rudra granthi (between the eyebrows) of the body. It quickly awakens the Kuṇḍalinî, purifies the system, gives pleasure, and is beneficial. It destroys phlegm and the impurities accumulated at the entrance of the Brahma Nâdî." -Hatha Yoga Pradipika

- Rapid breathing with emphasis on both the inhale and exhale
- The focus is on the abdominal "snapping" inward emphasising on a forceful exhalation (stomach moves in as air moves out) while having a slight effort on the inhalation.
- When each round is done: Inhale completely. Retain the breath (hold the breath) with Jalandhara Bandha (Chin Lock) by bending the neck forward, keeping the back and shoulders straight and bring the chin as close to the chest as possible. Then lift the chin and exhale slowly. ***If after the slow exhale, the breath comes rushing in, you have held the retention too long. Remember that retention is done at the throat without building pressure on the nose. Retain with wisdom. Start slow and build gradually.
 - Do not hurry this breath at any point.
 - Do not retain the breath past its capacity.

*This breath is similar to Kapahlbthi but differs in that the emphasis is on both the exhale and inhale and there is a chin lock at the end of each round.



Time*: 10 Breaths per round (adding 5 each day until 320 a day) for 3 rounds (adding more rounds as the body feels comfortable). Take comfortable breaths between each round.

As you continue to practice, increase the number of breaths per round, the number of rounds, and the length of the retention. Do this gradually where this is no strain to the body.

- Women are not recommended to do and Bhastrika during their moon cycle (and for 2-3 days afterward).
- Pregnant women who are regular practitioners may continue to practice breathwork for the first 3 months leaving out Bhastrika. After childbirth, considering there are no complications, women may consider restarting Bhastrika after the fourth or fifth month.

Benefits:

- Exhilarates the blood circulation
- Stimulates the entire body quickly
- Brings heat to the body when it is cold
- Improves digestion
- Removes phlegm
- Helps asthma and other respiratory problems
- Builds and strengthens the respiratory system
- Raises energy

Śītalī (शीतली)

Cooling Breath // Taco Breath

“As in the above (Sītkāri), the tongue to be protruded a little out of the lips, when the air is drawn in. It is kept confined, as before, and then expelled slowly through the nostrils.

This Śītalī Kumbhikā cures colic, (enlarged) spleen, fever, disorders of bile, hunger, thirst, and counteracts poisons.”-Hatha Yoga Pradipika

- Exhale through the nose.
- Curl the tongue into a long tube and protrude it out towards the lips. If you cannot curl the tongue, make an O-shape with your lips.
- Draw air in through the tube or O-shape with a hissing sound. Fill the lungs completely
- Draw the tongue in the mouth or release the O-Shape. Close the mouth. Retain the breath.
- Exhale slowly and completely through your nose.
- Last round: relax and allow the breath to return to its normal state.

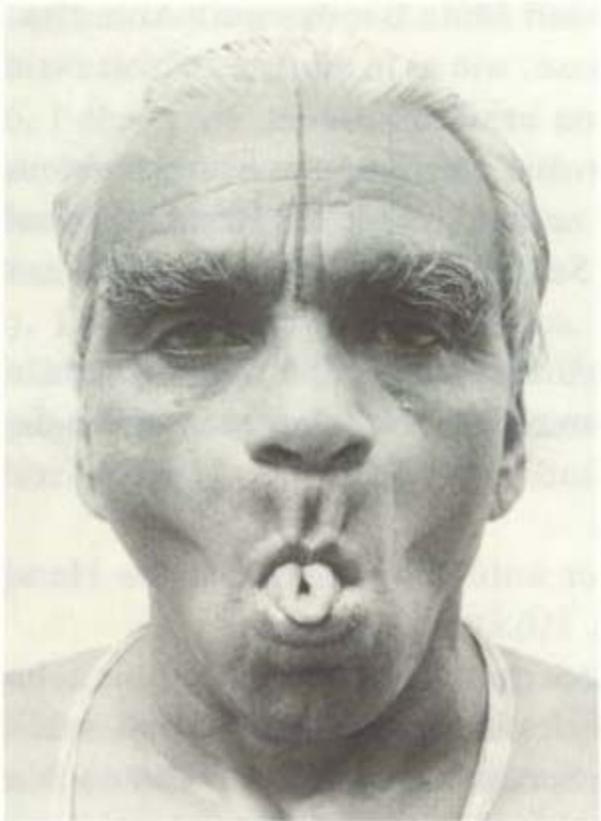


Abb. 158

Concentrate on the coolness of the air on the tongue and throat. When you retain the air feel the coolness spreading through the body.

Time*: 3-5 rounds

Benefits:

- Removes heat
- Removes thirst
- Removes hunger
- Removes sleepiness
- Useful if you built up excess heat with doing more advanced pranayama practices
- Useful in hot weather
- Useful for those experiencing hot flashes

Sîtkârî (सीत्कारी)

Teeth Clenching Breath // Wheezing Breath

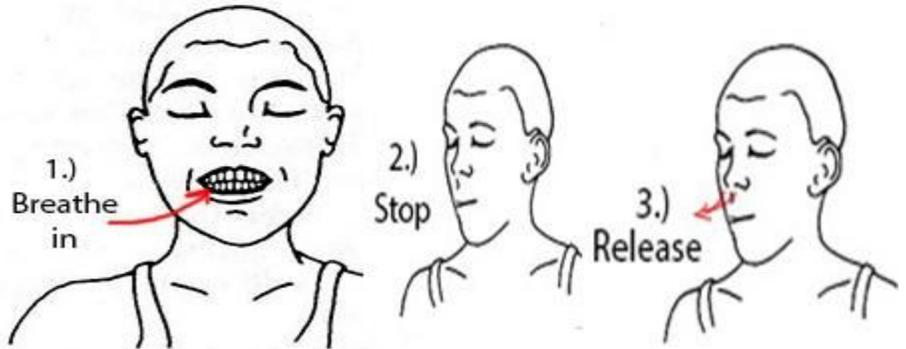
“Sîtkârî is performed by drawing in the air through the mouth, keeping the tongue between the lips. The air thus drawn in should not be expelled through the mouth. By practising in this way, one becomes next to the God of Love in beauty. He is regarded adorable by the Yoginîs and becomes the destroyer of the cycle of creation, He is not afflicted with

hunger, thirst, sleep or lassitude³.”

-Hatha Yoga Pradipika

Original translation differing from Sitali keeping the tongue between the lips and not retaining the breath.

There is a modern take on this breath which we will practice as it provides an alternate for those who cannot curl their tongue.



Modern Day Sitkari:

- Air is sucked in through clenched teeth rather than the curled tongue.
- Curl the top of the tongue back so it touches the upper palate.
- Open the lips and gently clench your teeth
- Smile through clenched teeth.
- Suck in the breath with a deep inhale through your clenched teeth making a hissing sound
- Retain the breath.
- Exhale through the nose.



“Sitkari pranayama is quite beneficial to solve minor problems before they turn into major health issues.”

Benefits:

- Improves the health of the teeth and gums
- Plus Same benefits of Sitali

Time: 3-5 rounds

³ Can perform either way practitioner wishes.

The Plâvinî (पलाविनी)

Box Breath // 4 Part Breath // Square Breath //

Puraka: Filling (Inhale)

Rechaka: Expelling (Exhale)

Kumbhaka: (Confining/Retaining)

“When the belly is filled with air and the inside of the body is filled to its utmost with air, the body floats on the deepest water, like the leaf of a lotus. Considering Pûraka (Filling), Rechaka (expelling) and Kumbhaka (confining), Prâṇâyâma is of three kinds, but considering it accompanied by Pûraka and Rechaka, and without these, it is of two kinds only, i.e., Sahita (with) and Kevala (alone). Exercise in Sahita should be continued till success in Kevala is gained. This latter is simply confining the air with ease, without Rechaka and Pûraka. In the practice of Kevala Prâṇâyâma when it can be performed successfully without Rechaka and Pûraka, then it is called Kevala Kumbhaka. There is nothing in the three worlds which may be difficult to obtain for him who is able to keep the air confined according to pleasure, by means of Kevala Kumbhaka.” -Hatha Yoga Pradipika

- Start completely empty with a big exhale.
- Inhale for count of 4*.
- Hold for count of 4*.
- Exhale for count of 4*.
- Hold for count of 4*

**Gradually increase the number. Be sure the number is same for every round of breath.*

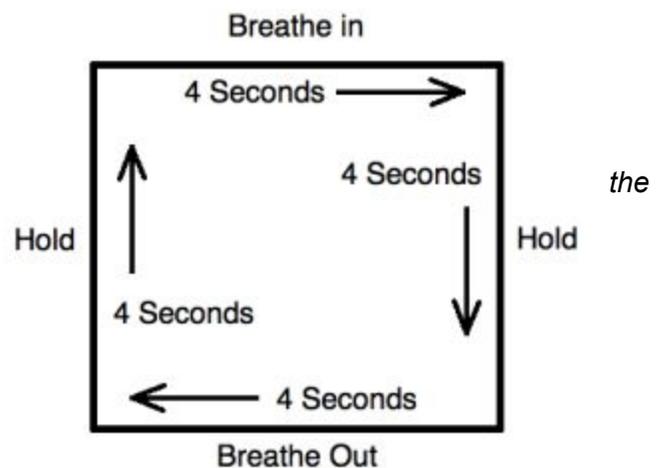
**May decrease number if 4 is too much.*

**Use a timer to watch the count or count at the same speed to be sure to keep the counting consistent.*

Time*: Ten rounds, adding 5 up to 320 a day or 3 minutes with a goal of 10-30 minutes.

Benefits:

- Calms and regulates the autonomic nervous system (ANS).
- Regulates involuntary body functions such as temperature



- Lowers blood pressure
- Provides an almost immediate sense of calm: The slow holding of breath allows CO2 to build up in the blood. An increased blood CO2 enhances the cardio-inhibitory response of the vagus nerve when you exhale and stimulates your parasympathetic system. This produces a calm and relaxed feeling in the mind and body.
- Reduces stress
- Improves mood
- Has been proven as treatments for conditions such as generalized anxiety disorder (GAD), panic disorder, post-traumatic stress disorder (PTSD), insomnia, pain management and depression.

“Inhale and God approaches you.” Hold the inhalation and God reminds with you. Exhale and you approach God Hold the exhalation, and surrender to God.” -Krishna

The Bhrâmari (भरामरी)

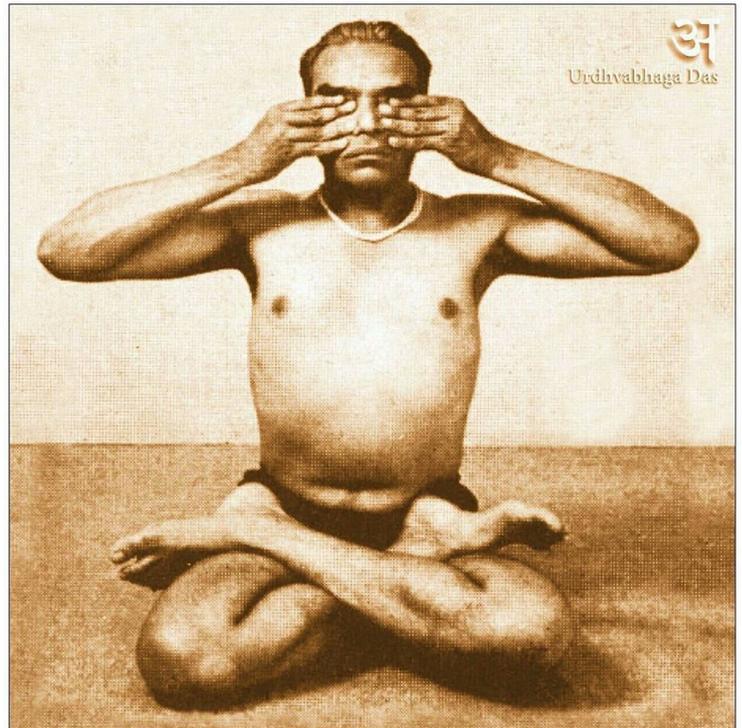
Wasp Breath. Bee Breath. Buzzing Breath. Humming Bee.

“By filling the air with force, making noise like Bhringi (wasp), and expelling it slowly, making noise in the same way; this practice causes a sort of ecstasy in the minds of Yogîndras.” -Hatha Yoga Pradipika

- Inhale through the nostrils filling the lungs completely
- Exhale making a humming sound

Modification: Add Shanmukhi Mudra
(The Six Way Seal)

- Bring the hands in front of the face with the palms facing in and the elbows lifted and pointing out to the side.
- Use the thumbs to close the ears by pressing them gently on the tragus (the little flap of cartilage at the entrance to the ear).
- Place the index fingers lightly over the eyelids.
- Place the tips of the middle fingers on the side of the nostrils, where the cartilage ends.
- Place the ring fingers just above the top lip.
- Place the little fingers just below the bottom lip.



Time*: 10 Rounds at various pitches (adding 5 each day until 320 a day)

Benefits:

- Tones the vocal cords
- Creates sound vibrations for concentration
- Helps us to get in with “Pranav”: the primordial hum of the universe

With Shanmukhi Mudra:

- Introverts the mind
- Helps to hear the inner vibrations better

- External senses are shut out by placing the hands over the senses
- Close the 6 gates of our outer perception so we can focus inward
- Directs subtle energy in the body to create an internal energy circuit

Recommendations:

- Feel the vibration at the upper palate at the roof of the mouth
- Feel or imagine the vibration going straight up through the head to the crown and out to the cosmos

Breathwork for Current Humanity

**These breath exercises are not taken from sacred Yogic Texts.*

They are gifts to humanity from humanity to heal humanity.

Trauma Releasing Breath:

Directions:

Take four sips of air in through the nose and one long exhale through the mouth.

Benefits: *You are mimicking a time when your body was traumatized: the cells and body remember all that it holds on to. Have you ever cried so hard your breath was taken away? This breathwork exercise works to help you take your power back over times that were stunting and left you breathless.*

Suggested Time*: 5Rounds (adding 5 each day until 320 a day) or 3 minutes (gradually adding more time up to 30 minutes).

Tip: Breath with intention. Let go of what holds you hostage. Use the breath to liberate you.

Empath Breath:

Science says that no consciousness exists in isolation. Our brains and our minds communicate without words or visual confirmation. The subconscious mind is always connecting and communicating. When you can find the words to express your emotions for yourself or others, you can breath to empathy.

The empath breath can be done through various ways. Each exercise benefits the mind, body and soul by:

- Bringing a profound sense of empathy over your entire being for yourself and others
- Helping you use breathing to be more compassionate
- Helping you use breathing to connect with other humans/all things
- Helping you to become more open-minded and understanding
- Helping heal, nurture and build positive relationships with the self and others
- Fostering forgiveness
- Amplifying LOVE within
- Helping heal the world

Empath Breath teaches us it is not important to be understood but rather understand.

You can practice this breath with someone you are having a hard time with, a stranger, an object....this a connecting breath and so it is to be done with at least one other person or object. It is not a solo breath although you can practice it in the mirror with yourself or the memory of you and your past self.

Exercise 1:

“Connection for others” Empathy

- Hold hands with a person (sitting or laying next to them). Remember to listen to each other you must turn down the internal noise.
- Breath slowly in deep rhythmic breathes together (connect with the breath without talking but feeling each other)
- Note this connection may take time as you are synching up your subconscious to talk to one another. Here is where alignment and harmony come.

Modifications: You can hold hands with a chain of people. You can also do this with an element, object, thing...If you have the permission of another, you can do this long distantly as well.

Exercise 2:

“Alignment with others” Empathy

- Sit or stand back to back.
- Breath together simultaneously: as your partner inhales so you do. As your partner exhales so do you.
- Maintain awareness and connection as you match each other’s breathing you will begin to feel the other’s emotions and work on healing
- This breath is said to work like an oxygen mask on a plane. You can breathe into each other restoring life, light, peace and love.

Benefits: This breath brings connection and unity.

Tips:

- Operate from only a place of love: be sure to send a shared intention together. Be clear on your intention and set clear intentions.
- Take your time as healing takes time. Don’t rush each other. Let each other heal at its own pace. If the breathes don’t sync up, they eventually will. This is when the blocks have been removed.
- Used this breath simply to understand one another or humanity connecting with the AUM and the healing fact that we are all the same.

Exercise 3:

Complementary Empathy

- Sit or stand back to back.
- Breath together in a complementary way: as your partner inhales, you exhale. As your partner exhales, you inhale.
- Maintain awareness and connection as you match each other’s breathing you will begin to feel the other’s emotions and work on healing

Modification: Do this breath and/or Exercise 2 while you are hugging a person (with the other person’s permission of course).

Modification: You can breath with pets/animals.

Benefits: This breath brings understanding, compassion and open-mindedness along with focus. It takes “work” to connect with another/make a relationship work. This breath also shows how give and take work and opposites need each other. It helps you understand how the things that make you

different are complementary and supportive to one another like salt and pepper. It is said to intensify the connection.

Exercise 4:

Material Empathy

Objects hold energy. If you want to cleanse or amplify a relationship with an object to create positivity with it, simply hold the object and breath into it. Even though this tangible object does not have breath like a human, it does have a vibration (its own form of breath) and you can tap into that through the subtle power of your breath.

Suggested items: Money(your credit card for example), your business card, your social media page, your wedding ring, a picture of someone, your food or water, your child's loud toy that drives you crazy, any material object that you feel disconnected positively with or want to positively create an even stronger relationship with.

Exercise 5:

Elemental Empathy

Empathize with nature. Breath with nature. Hear its teachings.

Suggestions:

- **Breathe with the ocean:** As the waves raise, inhale: as they fall, exhale. As the wave hits the shore inhale, as it gets taken back into the ocean, exhale.
- **Breathe with the ground:** bring your feet or hands in dirt, sand, grass....hold it and feel it. Breathe into its vibration. Create a connection.
- **Breathe with the stars.** They will tell you how to do it.
- **Sit back to back with a tree:** breath together. As it exhales, you inhale. You will give and serve each other.
- **If you are stuck indoors:** bring your finger into a cup of water. Breath into it. Can you connect with all water sources throughout the world?

Suggested Time* for all of these exercises: As long as it takes to heal or as long as both parties feel comfortable committing to. You tend to just "know" when you are finished. Healing does take time so you may do this breath a number sessions.

SOUND + BREATH

Breathwork and Chanting are deeply connected. You inhale and as you exhale, you chant sacred words that rewrite the subconscious mind and energetically bring healing to the entire mind, body and soul. Chanting has been practiced for thousands of years and is a powerful way to practice the breath and build the lungs. The deeper you inhale, the more sound you can exhale. Building your breath builds your internal sound healing. Our voice (and sound of our organs/body/vibration) are the most potent sound instrument.

OM/AUM: The primordial Sound of the universe: the sound of ALL. Chanting AUM connects you to all things, all places, all the time. It honors past, present and future: it holds timeless energy. It opens us up to feel connected. It is said to immediately heal the mind, body and soul as it is the sacred syllable unifying all.

Exercise: Inhale as deep as you can. Exhale “AUM” allowing your AUM to resonate as long as your exhale is. The longer the sound of AUM, the longer the exhale, the longer the breathwork experience. Do as many rounds as you feel comfortable. Try timing your AUMS to see how long your exhale is. Work to balance the length of time for the inhale and exhale.

Om Namō Bhagavate Vasudevaya Namō:

Inhale

Exhale: Om Namō [16 seconds]

Inhale

Exhale: Bhagavate Vasudevaya Namō: [18 seconds]

Suggested Time*: First observe how many breaths you need to take to complete the mantra, then work on doing it fully. 3 Rounds of Mantra to a minimum of 11 minutes (up to 60 minutes).

Benefits: This is a moksha (liberation) mantra. It is said to bring deep healing and is powerful to do in the beginning of your practice to set your intention that you are “here to heal.” This mantra is said to be recited as a way to achieve spiritual freedom from samsara (the recurring cycle of death and reincarnation). This mantra with breath is said to quiet the mind. It is said to bring you to the “here and now”/ present moment.

Special Note: It is the main mantra of Vishnu, who is the supreme god in the Hindu tradition of Vaishnavism, the God of preservation. It is also said to be chanted to Lord Krishna who is said to be an incarnation of Vishnu. It can be found in the ancient Hindu text, “Vishnu Purana.”

Translations:

- “I surrender to God, the supreme spiritual being”
- “Om, I bow to Lord Vasudeva or Lord Krishna.”

Om (Infinite)

Namō (Salutation)

Wahe Guru:

- Inhale 4 sips of air
- Exhale “Wahe Guru” as fast as you can 40 times, trying to having the tongue tap the upper palate

Translations:

- “Wow Teacher!”
- “Wordless Dispeller of Darkness”

Suggested Time*: Keep track of how many you can do until you reach 40. Maybe you can do only 10 at first. It make take years to reach this (or minutes), but move slowly. There is no rush. The “goal” is to chant it at least 15 minutes a day 40 rounds each breath.

Benefits: This mantra combined with breath allows you to take your power back. It transmute trauma and feelings of powerlessness into one of strength and victory. It is said to be a seed mantra, planting a seed in your heart and soul of healing. It neutralizes any negative frequencies or emotions that counter our highest good. It is said to be deeply healing protecting us from everything including bacteria and viruses. Use this breath and mantra when you need to feel STRONG.

Eck Ong Kar Siri Wahe Guru:

Inhale

Exhale: ECK ONG KAR [30 seconds)

Inhale

Exhale: SAT NAM SIRI [20 seconds]

Sip of air in (½ Inhale):

Exhale: SIRI [.5 seconds]

Inhale:

Exhale: WAH HE GURU [5 seconds]

Exhale the rest of the air that is left deeply

Suggested Time*: Start slow (5 rounds) building up to 31 minutes

Benefits:

- Brings “oneness, the great truth of light, greatness of the divine”
- Opens the gates to the infinite aspects of ourselves (opens up to the infinite)
- Releases negative karma
- Gives the experiences of true love (unconditional love)
- Bestows “great spiritual wisdom”
- Can reverse obstacles
- Elevates the self beyond duality
- Establishes a flow of the Spirit
- This breath is actually 2.5 breaths: it is believed when you breathe this way you control your destiny.
- This is an “astang mantra” which means there are 8 parts of words. When we honor 8 we are connecting with infinite; we are also connecting with the 8th planet according to Universal Kabbalah which represents karma and “the teacher”
- Activates all of the chakras
 - Eck (Root)
 - Ong Kar (Sacral)
 - Sat (Solar Plexus)
 - Nam Siri (Heart)
 - Wa (Throat)
 - He (Third Eye)
 - Guru (Crown)

Special note: After chanting and breathing with this mantra it is believed that “anything you say will be amplified and created with great force, so stay positive.”

Translation:

Eck (One)

Ong (creator/a form of AUM)

Kar (creation)

Sat (truth)

Nam (Name)

Siri (Great)

Wahe (Wow! Beyond words)

Guru (Teacher/Dispeller of Karma or Dark)

BREATH SEQUENCE SUGGESTIONS:

As taken from the Hatha Yoga Pradipika:

“With composed mind, 80 Kumbhakas should be performed at a time; beginning first with the chandra (the left nostril) and then sūrya (the right nostril). This has been spoken of by wise men as Aṅguloma and Viloma. Having practised Sūrya Bhedan, with Bandhas, the wise rust) should practise Ujjāyî and then Sîtkârî Śîtalî, and Bhastrîkâ, he may practice others or not.”

योगाभ्यास क्रमं कथ्ये योगिनां योगसिद्धये । उपः काले समुत्थाय ातःकालेऽथवा बुधः ॥ १ ॥
गुरुं संस्कृत्य शिरसि हृदये स्वेष्टदेवताम् । शौचं कृत्वा दन्तशुद्धिं विद्वान् भस्मधारणम् ॥ २ ॥
शुचौ देशे मठे रम्ये प्रतिष्ठाप्यासनं शुद्धम् । तत्रोपविश्य संस्कृत्य मनसा गुरुमीश्वरम् ॥ ३ ॥
देशकालौ च संकीर्णौ संकल्प्य विधिपूर्वकम् । अथोत्थाय श्रीपरमेश्वरप्रसादपूर्वकं समाधिं तत्फलं
सिद्ध्यर्थमासनपूर्वकान् प्राणायामादीन् करिष्ये । अनन्तं प्रथमेऽर्धे नागेशं पीठसिद्धये ॥ ४ ॥
मथिभ्रातृपुत्रासहस्रविभूतवित्त्वं भगवन्मङ्गलायानंताय नागराजायनमः । ततोऽभ्यसेदासनानि श्रमे जाते
शवासनम् । अन्ते समभ्यसे त्तु श्रमाभावे तु नाभ्यसेत् ॥ ५ ॥
कराणां विपरीताख्यां कुम्भकापूर्वमभ्यसेत् । जालं चर प्रसादार्यं कुम्भकापूर्वयोगतः ॥ ६ ॥
विधायाचमनं कृत्वा कर्मोपं प्राणसंयमम् । योगीन्द्रादीश्वरकृत्य कौर्मोत्तु शिववाच्यतः ॥ ७ ॥
कृम्मे पुराण्ये ।
नमस्कृत्वाथ योगीन्द्रान् सशिल्पांश्च विनायकम् । गुरुं चैवाधर्मं योगी शंजीत सुखमाहितः ॥ ८ ॥
बद्धाभ्यासे सिद्धपीठं कुम्भकावंपूर्वकम् । प्रथमे दशकतेत्या पंचवृद्ध्या दिने दिने ॥ ९ ॥
कार्यां अश्नीति पर्यन्तं कुम्भकाः सुखमाहितैः । योगीन्द्रः प्रथमं कुर्यादभ्यासे चंद्रसूर्ययोः ॥ १० ॥
अनुलोमविलोमाख्य मेतं प्राहुर्मनीषिणः । सूर्यभेदनमभ्यस्य चंद्रपूर्वकमेकधीः ॥ ११ ॥
उज्जायिनं ततः कुर्यात्सीकारां शीतलीततः । भस्त्रिकां च समभ्यस्य कुर्यादन्याश्चवापरान् ॥ १२ ॥
सुद्राः समभ्यसेद्बद्ध गुरु बध्नाद् यथाक्रमम् । ततः पद्मासनं बद्ध्या कुर्यात्तदनुचिंतनम् ॥ १३ ॥
अभ्यासे सकलं कुर्यादीश्वरपद्यामादतः । अभ्यासादुत्थितः स्वानं कुर्यात्तुष्येन वारिषा ॥ १४ ॥
स्नात्वा समापयेच्छिर्यं कर्म संश्लेषतः सुधीः । मथ्याह् पितृयाभ्यस्य किञ्चिद्दिशस्य भोजनम् ॥ १५ ॥

OUR DAILY SEQUENCE:

Om Namō Bhagavate Vasudevaya	11 minutes
Nadi Suddhi:	[to start] 3 minutes
Kapalbhati:	[to start] 3 rounds
Bhastrika:	[to start] 3 rounds
Sitali:	[to start] 5 rounds
Sitkari:	[to start] 5 rounds
Plavini:	[to start] 10-15 minutes
Brahmari:	[to start] 3-5 rounds or 3 minutes
Lokah Samastah Sukhino Bhavanthu	

READING SUGGESTIONS/REFERENCES:

- Hatha Yoga Pradipika
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- Break Through With Breathwork, Kim Morningstar
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- Upgrade Your Breath, Upgrade Your Health, Logan Christopher
- The Oxygen Advantage, Patrick McKeown
- Conscious Breathing: Breathwork for Health, Stress Release, and Personal Mastery (Paperback) by Gay Hendricks
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The breath is medicine.

Don't forget to take your medicine.

Shawna Schenk, the founder and creator of Yoga With Shawna and San Diego Yoga Festival is an internationally recognized, local San Diego yoga teacher, Reiki master, author, and spiritual activist leading classes, workshops, teacher trainings, retreats, and festivals throughout the world. She is certified in various types of yoga including Hatha, Vinyasa, SUP Yoga, Yin Yoga, Ayurveda, Naam Yoga, and Shakti Naam Yoga and has countless other degrees and certifications in various schools of healing in energy medicine, shamanism, and sound therapy.

Shawna has a Masters in Writing Arts and two Bachelors in Education and Sociology. As a full time healer, she has created and currently leads over 7 teacher trainings all recognized by the Yoga Alliance, including a powerful 200-Hour Yoga Teacher Training. She teaches certification courses in all three levels of Reiki (Level 1, 2, and Mastership Levels 3 & 4) online at www.ReikiCertifications.com and in person. She has authored a number of books including internationally recognized and published in two languages, "Yoga for Teens."