

Week 2

Anuloma Pranayama: Alternate Nostril Breathing

In pranayama we use mudras.

Mudra means seal or gesture.

Mudras can involve the hands, eyes or the tongue.

Mudras enhance the flow of energy and intensify the effects of yoga and meditation

In Anuloma pranayama we use 2 hasta (hand) mudras.

1. **Jnana mudra:** Jnana means wisdom:

- Left hand in Jnana mudra on left knee: thumb and index finger together, palm is up.

Thumb: symbol of Supreme Consciousness, Brahman

Index finger: symbol of Individual Consciousness, Jivanatman

This mudra helps to stabilize the mind, concentration and helps meditation.

2. **Vishnu mudra:** Vishnu symbolizes being the protector of the world and activates the first 3 chakras.

-Right hand in Vishnu mudra:

Index finger and middle finger on the mouse of hand. Using thumb and ring finger to close alternate nostrils

This hand mudras are used in Alternate nostril breathing as Anuloma Viloma and Nadishodana

The practice

Find your comfortable seat with an elongated spine.

Shoulders above your hips, chin parallel to floor.

Apply Jnana mudra and Vishnu mudra.

Hold your right hand next to your right nostril.

On a count of 8 or 10:

- Inhale through both nostrils
 - Exhale through left nostril
 - Inhale through right nostril, exhale right (2X)
 - Inhale through right nostril, exhale left
 - Inhale through left nostril, exhale left (2X)
 - Inhale through left nostril, exhale right
- = 1 round

Homework

- Sit in a quiet place, find a time, preferable same time daily otherwise whenever you can, to do 10 rounds.

Mark with pen and paper every round down, otherwise you loose track!

Relaxing the arm in between rounds or switch to the other hand if needed.

This pranayama takes about 25-30 minutes.

Sit and meditate (relaxed awareness, without a focus) for 5 min.

Rest in Shavasana for 5 min.

- Keep a diary.

You might start noticing small changes in the day

