

## **Pranayama**

*“ From Prana indeed all living forms are born and having been born, they remain alive by prana. At the end they merge into prana once more”*

*Kaushitaki Upanishad 3:2*

### **Week 1**

#### **Theory**

Prana is that which always moves: pra=move, na =always

Prana is life energy, life force

Prana-yama: Yama=controlling or restraining the normal movement of the breath

or more in depth:

Prana-Ayama: Ayama: extension of the normal movement of the breath

First we control/extend the breath, then freeing up the prana .

This is the process of awakening the 7 main chakras along the spine, resulting in the union of HA channel (sun/Pingala nadi) and THA (moon/Ida nadi) to Ajna chakra,

This is Hatha Yoga.

Then the prana as Kundalini energy starts moving through the central

energy channel: Sushumna nadi, to the Shasrara chakra .

That is Yoga

Pranayama is about cleansing the 72.000 nadis of the subtle body, vitalizing the whole system, being able to control, extend and direct the prana.

Eventually awakening the Cosmic Consciousness.

Pranayama is energizing and detoxing

Breath is life, we working with life-energy.

Breath is the tool to move the prana.

Releasing stagnancies/blockages in the nadis and stimulate/fire up Prana where there is

dullness

## **Ujjayi Pranayama**

Base of all pranayama

If you would have to choose one breathing technique for your whole life, it could be Ujjayi Breathing

Translated as victorious breath, psychic breath, ocean breath.

It increases digestion, inner space, calms the mind, strengthens the nervous system, creates heat.

It is a **Samavritti**: “same fluctuations”, equal fluctuations. The tone is smooth and equal, the in- and exhalation have equal length.

Creating a smooth and steady breath, as the sound of the waves in the ocean

Often you cannot hear the difference between an in- and an outbreath

There are no retentions in Ujjayi breath.

*An interesting fact is that you cannot hyperventilate or cry and doing Ujjayi breathing at the same time*

## **Practice**

Connecting with the body and the breath:

- Start lying on your backs, comfortable. Place hands on ribs.
- *(For beginner: Inhale through mouth with haaah-sound, exhale through mouth with haaah-sound (3X) the same way when you are fogging up a mirror, and then continue with lips closed)*
- Start breathing in for 8 counts through nostrils and exhale for 8 counts. 2 to 5 minutes.

Feeling the ribcage expand and deflate with every in- and out-breath.

- Coming back to your natural breath, come and sit up to Stirra Sukham Assanam

On a count of 4:

With lips closed,

- Inhale through nostrils, exhale through the nostrils.
- Do for 2 minutes, come back to your natural breathing and repeat for 2 minutes.

- Shavasana

**Homework:**

Practice once a day.

Practice in your yoga asana practice