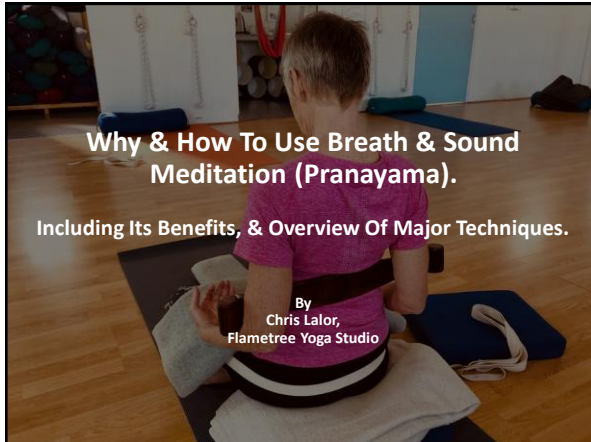
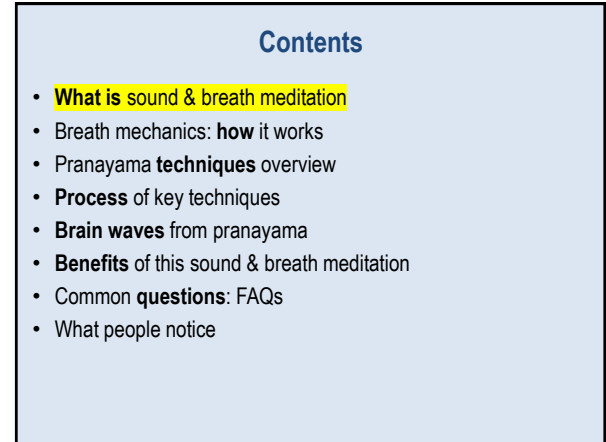
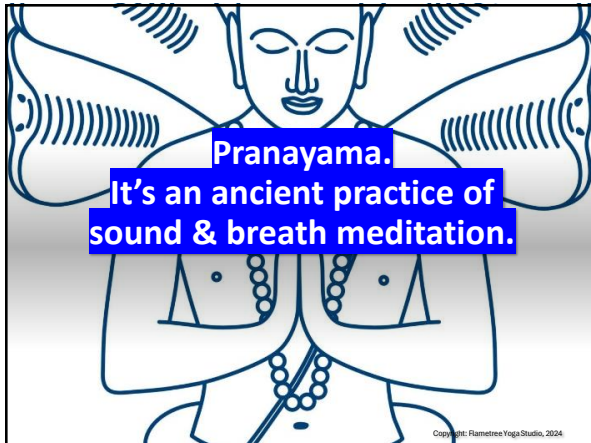




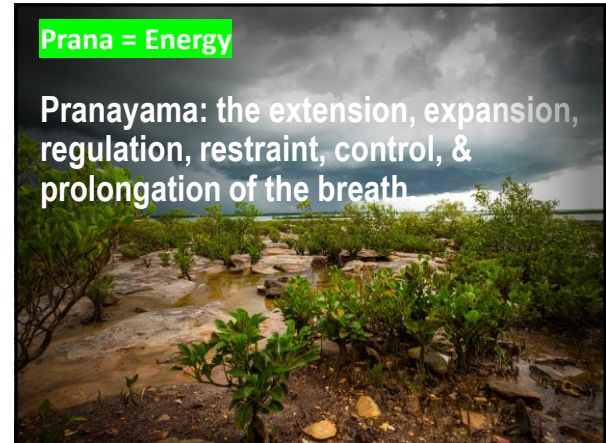
1



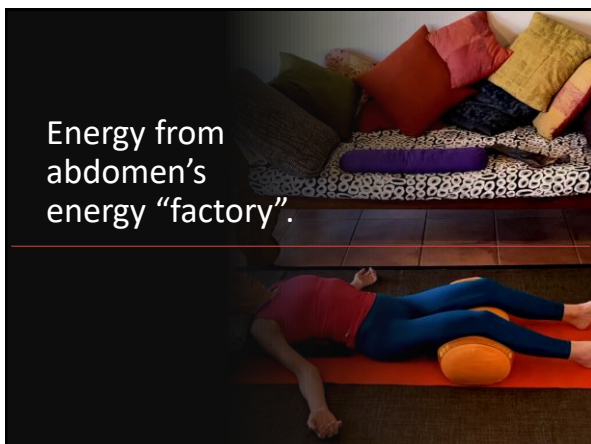
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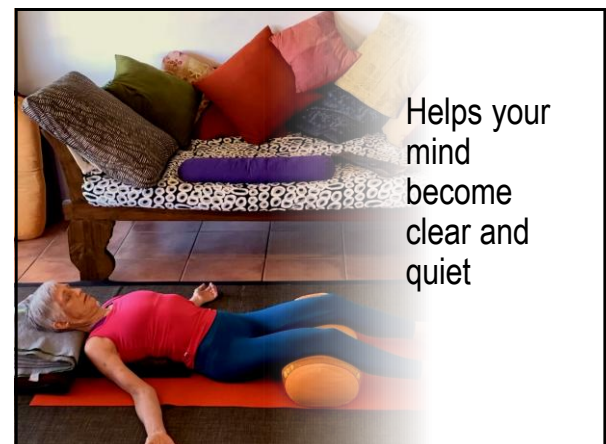
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5



6

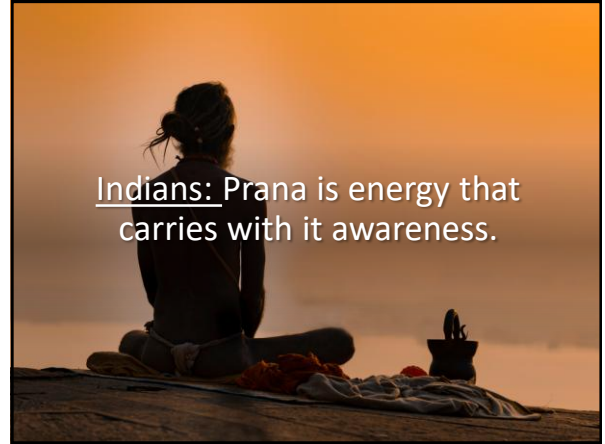
Ancient Chinese
energy techniques:

Different direction
from India...
Chinese focused
on everyday
health.



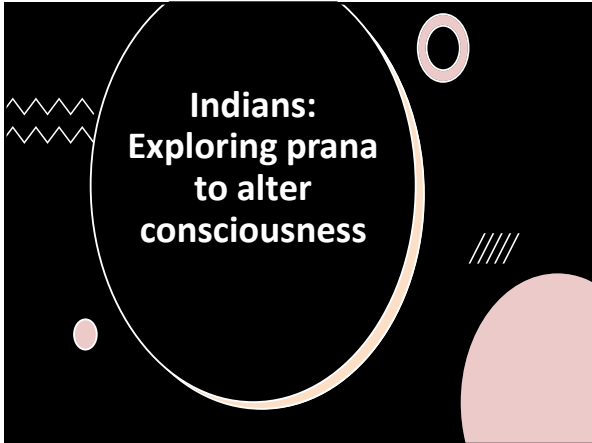
7

Indians: Prana is energy that
carries with it awareness.

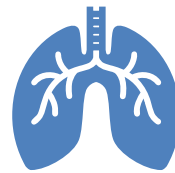


8

**Indians:
Exploring prana
to alter
consciousness**

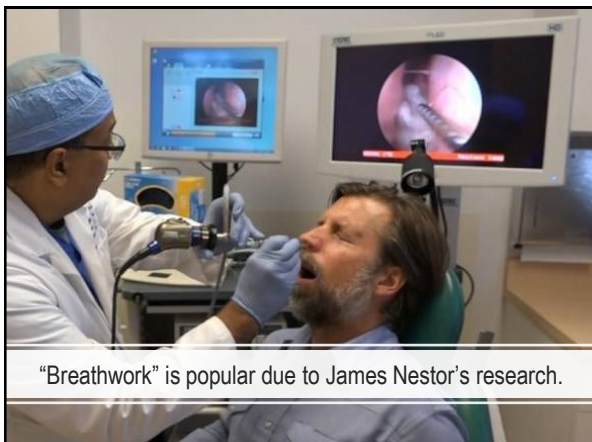


9



In recent years, breath
meditation has surged
under the name
"Breathwork".

10



"Breathwork" is popular due to James Nestor's research.

11



He showed importance of nose breathing... via blocking his
nose (with silicon), for 10 days.

12

Some impacts of blocking nose for 10 days



SNORING INCREASED
4,820%



SUFFERED OBSTRUCTIVE
SLEEP APNEA AT
DANGEROUS LEVELS



LOST 40% MORE WATER
FROM BODY



INSOMNIA



MOOD DISORDERS



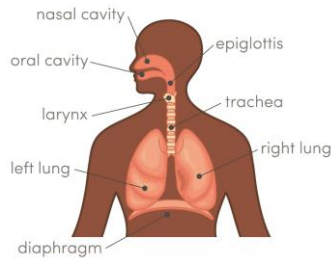
SINUS HEADACHES

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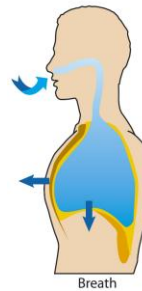


THE RESPIRATORY SYSTEM

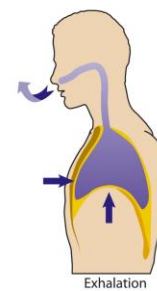
Using
breath to
get energy
from
abdomen

15

The movements of the chest during breathing.



Breath



Exhalation

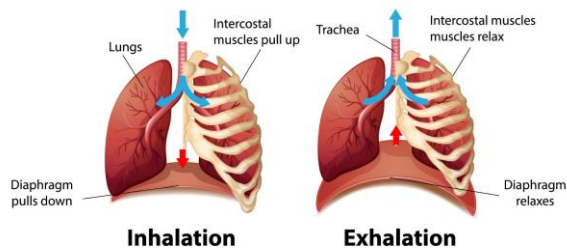
Inhalation:

Diaphragm's
descent
makes a
vacuum

16

Exhalation: diaphragm relaxes

THE DIAPHRAGM FUNCTIONS IN BREATHING



Inhalation

Exhalation

17

Nostrils:

Right passage:
heating &
stimulating.

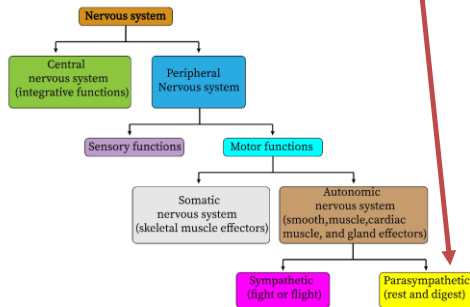
Left nostril:
cools & soothes
nervous system.



18

Different parts of nervous system activated by different pranayama techniques

subdivisions of the nervous system



19

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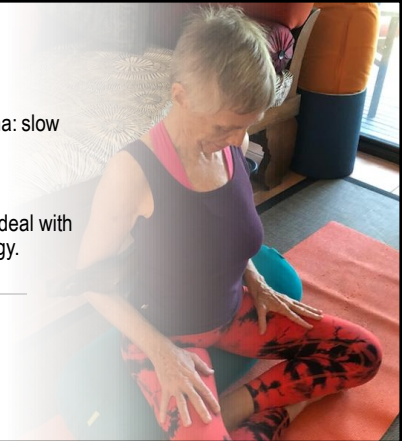
There are different pranayama techniques: for different effects



21

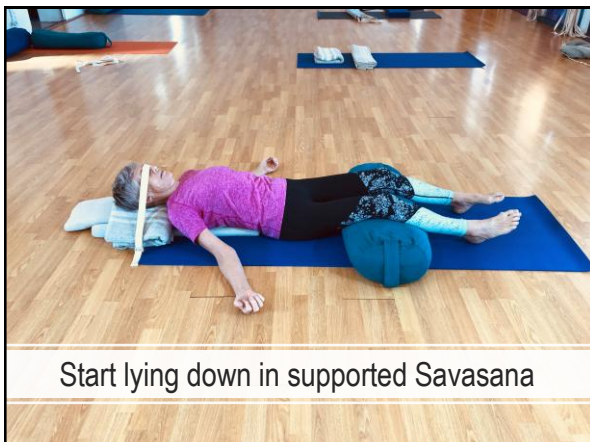
Practising pranayama: slow and steady is best.

Strengthen lungs to deal with your life force...energy.



22

Start lying down in supported Savasana



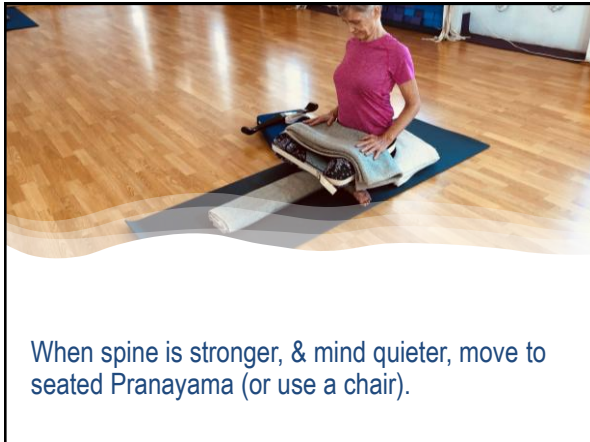
23

Add shoulder stand pad or 2nd blanket under head

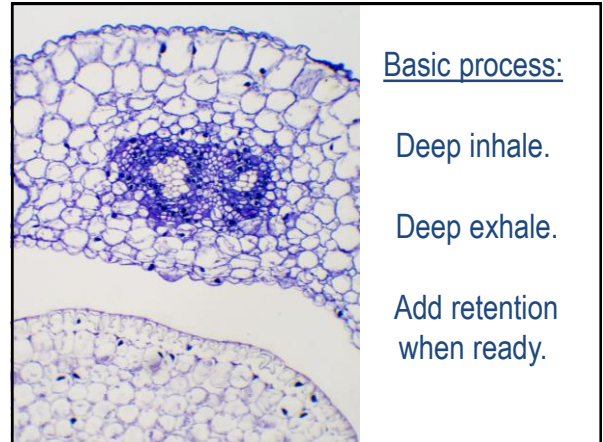


Blanket set up for extend & expand ("open") the chest

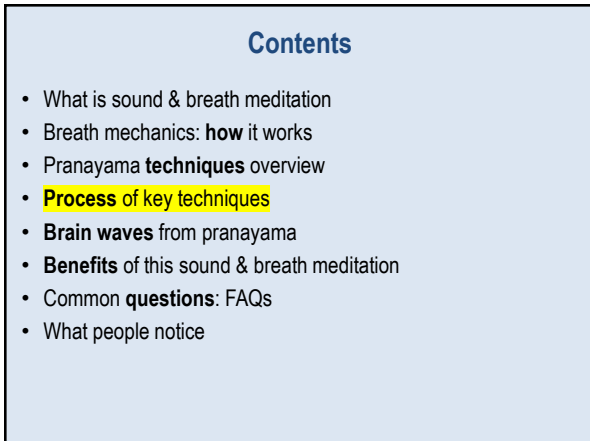
24



25



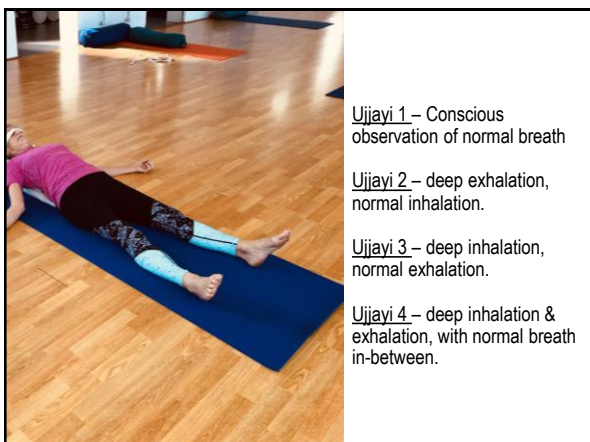
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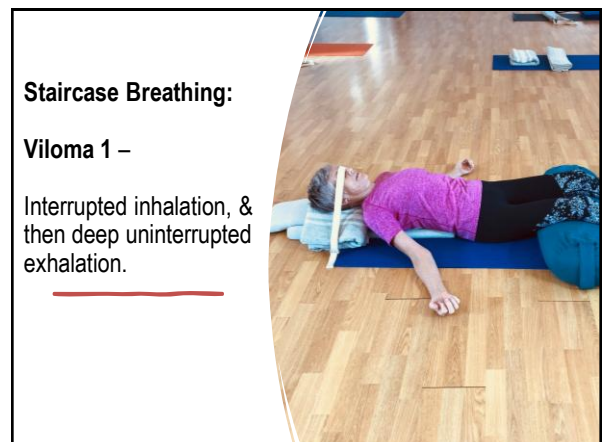
27



28



29



30

Viloma 2 –

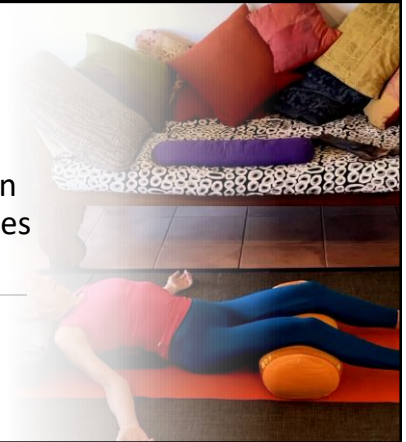
deep inhalation,
followed by
interrupted
exhalation.



31

Viloma 3 –

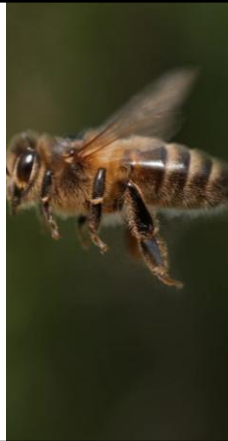
combination
of techniques
1 & 2.



32

Bumble Bee Breath –

Normal inhalation,
followed by deep
humming exhalation.

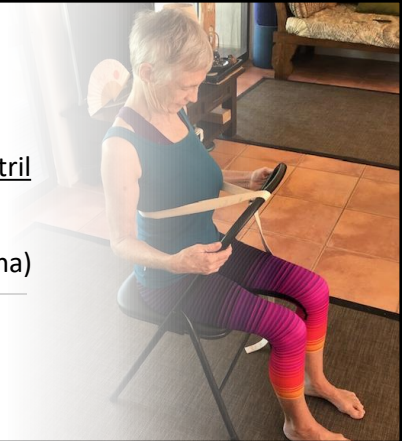


33

Later:

Alternate Nostril
Breathing

(Nadi Shodhana)



34

Nadi Shodhana:

with hand mudra.

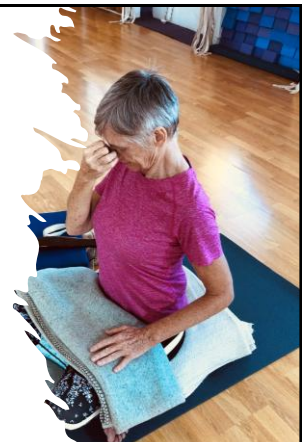
(San Mukhi Mudra)



35

When the right and
left nostrils work
evenly together,
energy flows up
the spine.

Brain becomes
clear & calm.



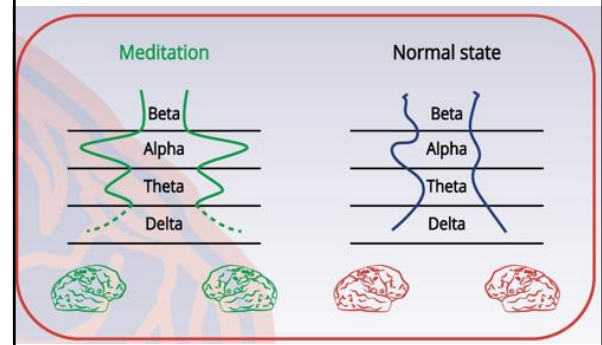
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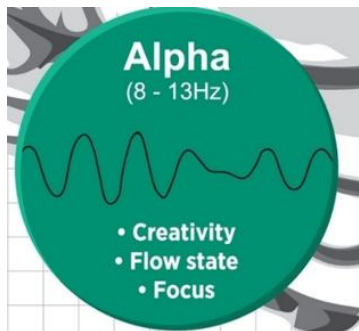
37

Via pranayama, Alpha & Theta brain waves increase.



38

Some functions of Alpha & Theta waves



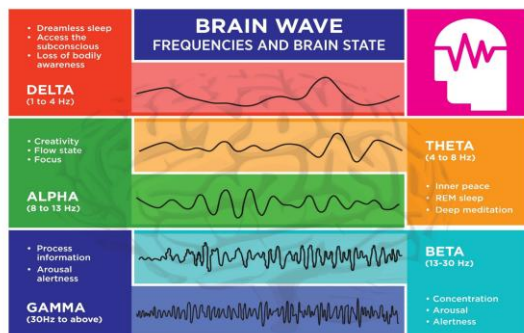
39

Some functions of Alpha & Theta waves



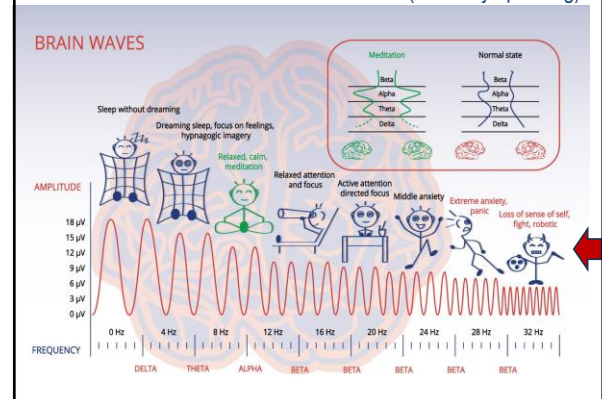
40

You alter the mix of brain wave patterns



41

Some outcomes of too much beta waves (relatively speaking)



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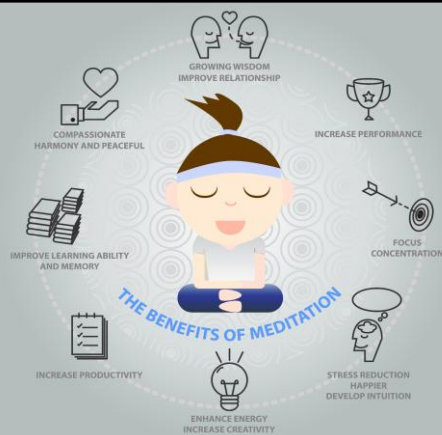
43

Mental, physical, & many other benefits



44

Pranayama creates a meditative state. With benefits



45

Even more benefits of meditation...

- ☉ Reduces Stress
- ☉ Controls Anxiety
- ☉ Promotes Emotional Health
- ☉ Enhances Self-Awareness
- ☉ Lengthens Attention Span
- ☉ Fights Addictions
- ☉ Reduce Age Related Memory Loss
- ☉ Improves Sleep
- ☉ Helps Control Pain
- ☉ Decreases Blood Pressure

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**Best times to practise:
sunrise & sunset**

48



Why apply a chin lock?
(Jalandhara Bandha).

To hold the heat / energy in chest with less impact on brain.

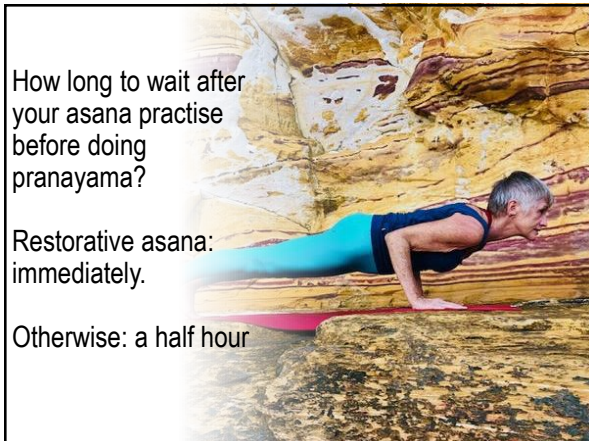
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How long to wait after eating to practise Pranayama?

3-4 hours.

50



How long to wait after your asana practise before doing pranayama?

Restorative asana: immediately.

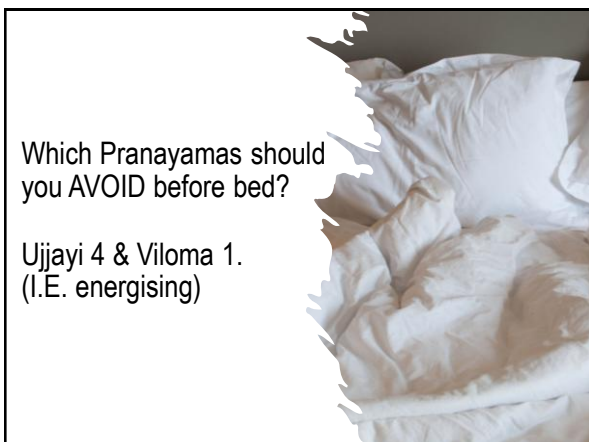
Otherwise: a half hour

51

What Pranayama is best to do at night?

Ujjayi (Ocean Breath) 1-2,
Viloma 2 (Staircase breath)
& Bhramari (Bumble Bee Breath)
Nadi Shodana (Alternate nostril).

52



Which Pranayamas should you AVOID before bed?

Ujjayi 4 & Viloma 1.
(I.E. energising)

53



How much pranayama to do?

Preferably:
30-40 minute practice
several times a week

**YOU SHOULD SIT IN
MEDITATION
FOR 20 MINUTES A DAY
UNLESS YOU'RE TOO BUSY
THEN YOU SHOULD SIT FOR AN HOUR**
OLD 32nd EDITION

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"...You will feel more:
grounded,
focussed &
energised." (Nico)

56

Lynden wrote:

It's given me relief from stiffness & aches....

Plus, aligning my movement with breath.

It's extraordinary how effective & enormously helpful,
quiet measured breathing, can be."

57

Jo says:

"Each day I feel
the level of calm
intensify.

I have a more
rested sleep after
pranayama."

58

"a large and sustained
increase
in energy & clarity.

It lasts through the day,
& beyond.

I was also calmer,
and less grumpy!"

(Stuart)



59



60