



Yoga Mandiram

ancient wisdom for a modern world

1 PRACTICE OF PRANAYAMA

“Three (3) Ujjayi breaths-Inhale, with the exhale chant AUM”

RECHAKA AND PURUKA KUMBHAKA

- Rechaka Kumbhaka
Inhale, exhale then hold breath
Repeat for a total of three breaths
Then immediately begin Puruka Kumbhaka
- Puruka Kumbhaka
Inhale, hold breath, then exhale
Repeat for a total of three breaths
- The ratio of the length of the inhalation of breath to the exhalation of breath should be 1:1
- Ratio of the length of the retentions for exhale (rechaka) vs inhale (puruka) is 2:3; for example, if the retention after the exhale lasts 6 seconds, the retention after the inhale should last 9 seconds.
- Three (3) Ujjayi breaths as a transition before next stage of pranayama

PURUKA RECHAKA KUMBHAKA

- Three (3) breaths with retention after both the inhale and the exhale
- Ratio of retentions for inhale (puruka) vs exhale (rechaka) should be 5:4. For example, if the retention after the inhale lasts 10 seconds, the retention after the exhale should last 8 seconds.
- Three (3) Ujjayi breaths as a transition before next stage of pranayama

4 BHASTRIKA

- In a seated position, hold the tops of the feet and pull them back into the abdomen
- Slow inhalation
- Perform a series of rapid, vigorous exhalations followed by reflexive inhalation through both nostrils (50 to 100 cycles)
- Pull the lower abdomen back strongly during the exhalation, using both uddiyama bandha and mula bandha
- With the last exhalation, fully empty the lungs
- Slow inhalation
- Long retention after inhalation, 20-40 seconds
- Exhale
- Repeat the inhale, vigorous exhale/reflexive inhale x 100, slow inhale, hold x 20-40 seconds, exhale sequence for a total of three (3) cycles
- Three (3) Ujjayi breaths as a transition before the next stage of pranayama

2 NADI SHODHANA

a) Sama Vrtti (same action)

Inhale through both nostrils
Exhale through left nostril-
no retention

Inhale right, hold 1st retention
Exhale left, hold 2nd retention
Inhale left, hold 3rd retention
Exhale right, hold 4th retention

Inhale right, hold 5th retention
Exhale left, hold 6th retention
Inhale left, hold 7th retention
Exhale right, hold 8th retention

Inhale right, hold 9th retention
Exhale left, hold 10th retention

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b) Visama Vrtti (irregular action)

Inhale right, hold
Exhale right, hold
Inhale right, hold
Exhale right, hold
Inhale right, hold
Exhale right, hold
Inhale right, hold

Exhale left, hold
Inhale left, hold
Exhale left, hold
Inhale left, hold
Exhale left, hold
Inhale left, hold
Exhale left, hold

Inhale left, hold
Exhale right, hold
Inhale right, no retention
Exhale left, no retention

5 SITALI

- Open the mouth and form the lips into an “O”
- Curl the tongue and extend it slightly through the lips
- Inhale through the tongue, short retention (3-6 seconds)
- Exhale through both nostrils
- Repeat for a total of three breaths
- Three (3) Ujjayi breaths

Ashtanga Pranayama