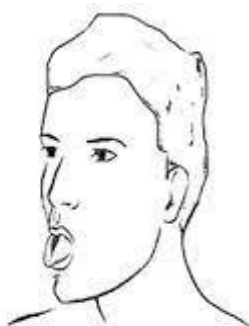


## UJJAYI PRANAYAMA

THE PSYCHIC BREATH



INHALE  
THROUGH  
BOTH NOSTRILS  
WITH  
CONTRICTED  
GLOTTIS



EXHALE  
THROUGH  
LEFT NOSTRIL

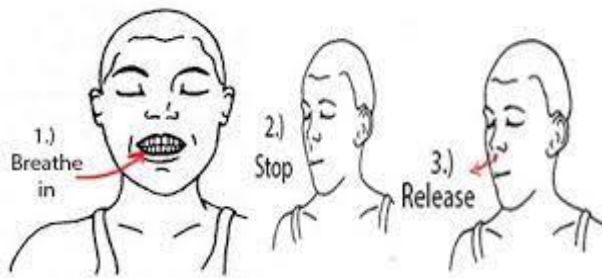
## KAPALBHATI PRANAYAMA

Short and  
Explosive exhale



Slightly longer and  
Passive inhale





### Steps To Do Anulom Vilom



NOORISH



