## 14-day pranayama intensive

January 9-22, 2023

**Youtube Links**

|  |  |  |  |
| --- | --- | --- | --- |
| 1/9/2023 | day1 | Mon | <https://youtu.be/FMnPGXvjPZY>  **intros**; standing arms/heel stretch; standing side stretch; Ujjayi breath; sectional breathing; deep three-part breathing; intro to meditation |
| 1/10/2023 | day2 | Tue | <https://youtu.be/FWYI_4TLwCs>  **YSP 1.2;** c&c; kb; **review sitting asanas - sukhasana, siddhasana, swastikasana, half lotus, full lotus, vajrasana, virasana;** sn: 2 basic rounds; sectional breathing; 3-part breathing; ujjayi pranayama (with retention after inhalation); bhastrika; nadi shuddhi (alternate nostril breathing); |
| 1/11/2023 | day3 | Wed | <https://youtu.be/qE__0CB8uEY>  **Significance of OM (AUM)- part 1 – primordial sound;** c&c;  sn: 2 basic rounds; kb (3 rounds); bhastrika; sectional breathing; ujjayi pranayama (with breath retention); bhramari (humming bee); ns; **Four functions of the mind** |
| 1/12/2023 | day4 | Thu | <https://youtu.be/pcr__ViqT9c>  **Significance of OM (AUM)- part 2 – Mandukya Up.** **a: waking; u: dream, m: deep sleep states, silence: fourth state (called Turiya in Sanskrit);** c&c with arm/leg stretch; sn: 2 basic rounds; ujjayi pranayama; kb – 3 rounds (75 bpm); bhastrika x2; bhramari (humming bee); rapid breathing; ns; |
| 1/13/2023 | day5 | Fri | <https://youtu.be/PeKyhVQsPik>  **ysp 1.12, 1.14 (abhyasa - practice);** c&c with arm/leg stretch; sn 2 rounds; **Six basic pranayamas:**kb 3 rounds at 75 bpm; bhastrika 80 bpm; intro to **kumbhaka**  (breath retention) **-** sama-vritti (square wave); ns; **intro to bandhas – mula (root lock), uddiyana (navel lock), jalandhara (chin lock); maha bandha (all three together)**; |
| 1/14/2023 | day6 | Sat | <https://youtu.be/ij-5WGnlBZI>  **ysp 1.15 (vairagya - dispassion);** c&c; **sn with mantras - 4 rounds;**practice bandhas;  kb with bandhas; bhastrika with bandhas; ujjayi pranayama; bhramai; nadi sanchalana (rapid breating) ns with samavritti; |
| 1/15/2023 | day7 | Sun | <https://youtu.be/2zjkdhBJIZ4>  **ysp 1.34;** seated leg stretch; standing leg stretch with strap and wall support; kb with bandhas; bhastrika with bandhas; bhastrika thru one nostril; bhramari ; staircase breathing; ns; **Trataka (candle gazing); breakfast** |
| 1/16/2023 | day8 | Mon | <https://youtu.be/Y3az5qDt8PE>  **ysp 2.28**; **Jala neti demo;** sn 2 rounds;  kb with bandhas; bhastrika with bandhas; ujjayi pranayama; sitkari; shitali; ns |
| 1/17/2023 | day9 | Tue | <https://youtu.be/03aQ7N66t4E>  **sutra 2.29** - listing 8 limbs of yoga; c&c with **bandhas**; kb with bandhas; reclining leg lifts from supported boat; pma with bandhas - one leg at a time then both legs; bhastrika thru one nostril at a time; bhramari; agni sara; wood cutter's breathing; **nauli demo;** **ns**with bandhas; **resonance - how to break the past bonds**; |
| 1/18/2023 | day10 | Wed | [**https://youtu.be/kX7CgiHw\_aQ**](https://youtu.be/kX7CgiHw_aQ)  **Listing yamas and niyamas**; c&c with bandhas; sn: 2 rounds ; **six basic pranayamas:** kb with bandhas; bhastrika with bandhas; ujjayi pranayama; bhramari; rapid breathing; **ns**with bandhas; |
| 1/19/2023 | day11 | Thu | <https://youtu.be/ZMO43f5y5rM>  **ysp 2.49, 2.50;** kb with bandhas; sn: 2 rounds; kb at multiple speeds - up to 150 bpm; bhastrika thru one nostril at a time; agni sara; lion's roar; ns with bandhas; |
| 1/20/2023 | day12 | Fri | <https://youtu.be/ducn1oVa4s4>  **ysp 2.51 - pranayama variables;** c&c with arm/leg stretch and bandhas**;**sn: **discussion on dhauti (colon cleanse) - shankha prakshalana (lsp, sp);** five lsp asanas +crow walk; **how to build personal home practice;** kb with bandhas; bhastrika; rapid breathing; ns; |
| 1/21/2023 | day13 | Sat | <https://youtu.be/lUvh2JV3ABI>  **ysp 2.53; six basic pranayamas;**extended session;  kb in c&c with bandhas; bhastrika with bandhas; kb in down dog; kb in bridge pose; kb in boat; sn: 2 rounds; ujjayi pranayama; rapid breathing; bhramari; ns with bandhas after inhalation; **Intros** |
| 1/22/2023 | day14 | Sun |  |