

KAPĀLAB ĀTI

Any med tati
Technique

Sit in any meditative posture.

Close your eyes and relax the whole
body

- ◆ Inhale deeply through both
nostrils, expand the chest.

- ◆ Exhale the breath with forceful contractions of the pelvic and abdominal muscles and inhale passively.
- ◆ Do not strain.
- ◆ Continue active/forceful exhalation and passive inhalation.
- ◆ Complete 30 rapid breaths, then take a deep breath, exhale slowly and relax completely.
- ◆ This is one round of *Kapālabhāti*.
- ◆ Each round shall be followed by being still for a while.
- ◆ Repeat 2 more rounds.



Breathing: Forceful exhalation by contracting the abdominal muscles, without any undue movements in the chest and shoulder region. Inhalation should be passive throughout the practice.

Number of rounds: Beginners can practice up to 3 rounds of 20 rapid breaths each. The count and rounds can be increased gradually over a period of time.

Benefits

- ◆ Kapālabhāti purifies the frontal air sinuses; helps to overcome cough disorders.
- ◆ It is useful in treating cold, rhinitis, sinusitis, asthma and bronchial infections.
- ◆ It rejuvenates the whole body, and keeps the face glowing and vibrant.
- ◆ It strengthens the nervous system and tones up the digestive organs.

A word of caution

- ◆ Please avoid this practice in case of cardiac conditions, giddiness, high blood pressure, vertigo, chronic bleeding in the nose, epilepsy, migraine, stroke, hernia, gastric ulcer, pregnancy and during menstrual cycle.

PRĀNĀYĀMA

NĀDĪSODHANA (Nostril Breathing) ANULOMA VILOMA PRĀNĀYĀMA (Alternate

The main characteristic feature of this is alternate

prānāyāma

breathing through the left and right nostrils without or with retention of breath (*kumbhaka*).

Sthiti: Any meditative posture.

Technique

Sit in any meditative posture.

Keep the spine and head straight with eyes closed.

Relax the body with few deep breaths.

Keep the left palm on the left knee in

Jnāna mudra and the right palms should be in Nāsāgramudra.

Place the ring and small fingers on the left nostril and fold the middle and index finger. Place the right thumb on the right nostril.

Open the left nostril, breathe in from the left nostril, close the left nostril with the small and ring fingers and release the thumb from the right nostril; exhale through the right nostril.

Next, inhale through the right nostril. At the end of inhalation, close the right nostril, open the left nostril and exhale through it.

This completes one round of the Nādisodhana or Anuloma Viloma *Prānāyāma*

Repeat for another 4 rounds.

Ratio and timing

For beginners, the duration of inhalation and exhalation should be equal.

- ◆ Gradually make the ratio 1:2, inhalation: exhalation respectively.

Breathing

- ◆ Breathing should be slow, steady and controlled. It should not be forced or restricted in anyway.

Benefits

- ◆ The main purpose of this *prāṇāyāma* is to purify the principle channels of carrying energy called nadis, thus it nourishes the whole body.
- ◆ Induces tranquility and helps to improve concentration.
- ◆ Increases vitality and lowers the level of stress and anxiety.
- ◆ It alleviates cough disorders.

ŚĪTALĪ PRĀṆĀYĀMA

Śitalī means cooling. It also means calm and passionless. As the name indicates this *prāṇāyāma* cools the mind-body. It is specially designed to reduce the body temperature. Practice of this *prāṇāyāma* brings harmony in the body system and calms the mind.

Time

- ◆ Sit in Padmāsana or any other comfortable sitting posture.
- ◆ Place the hand on the knees in Jñānamudra or anjalimudrā.
- ◆ Roll the tongue from the side to shape it as a tube.
- ◆ Inhale through this tube shaped tongue, fill the lungs with air to their maximum capacity, take the tongue inside the mouth and close the mouth.
- ◆ Then slowly exhale through both the nostrils.
- ◆ This is one round of Śitalīprāṇāyāma.
- ◆ Repeat it 4 more times.



Benefits

Śītalī prāṇāyāma purifies blood.

- ◆
- ◆ has cooling effect on body and mind.
- ◆ It is beneficial for persons suffering from high blood pressure
- ◆ It satisfies thirst and appeases hunger.
- ◆ relieves indigestion and disorders caused by bile (pitta)
- ◆ It destroys the disorders of gulma (chronic dyspepsia) and spleen or other related diseases (H.P 2/58).
- ◆ It is beneficial for skin and eyes.

A word of caution

- ◆ Those who are suffering from severe cold, cough or tonsillitis should not do this Pranayama.

BHRĀMARĪ PRĀṆĀYĀMA (BHRĀMAṆRECAKA)

Bhrāmarī is derived from *bhramara* which means black bee. During the practice of this *prāṇāyāma*, the sound produced resembles the buzzing of a black bee, hence the name.

Sthiti: Any meditative posture.

Techniques: Type- I

- ◆ Sit in any meditative posture with eyes closed.
- ◆ Inhale deeply through the nose.
- ◆ Exhale slowly in a controlled manner while making a deep, steady humming sound such as that of a black bee. This is one of the sounds of *Bhrāmarī*.
- ◆ Repeat for 4 more rounds.
- ◆ This is simple version of *Bhrāmarī Prāṇāyama*.



Type-II

- ◆ Sit in any meditative posture with eyes closed.
- ◆ Inhale deeply through the nose.
- ◆ Close eyes with index fingers, place the middle finger side of nose, close it, mouth with ring and small fingers, ears from respective thumbs as shown in the figure. This is also called Śān mukhi Mudrā.
- ◆ Exhale slowly in a controlled manner while making a deep, steady humming sound such as that of black bee. This is one round of *Bhrāmārī*.
- ◆ Repeat it for 4 more rounds



Benefits

- ◆ The practice of *Bhrāmārī* relieves stress and alleviates anxiety, anger and hyperactivity.
- ◆ The resonant effect of humming sound creates a soothing effect on the nervous system and mind.
- ◆ It acts as a tranquiliser, found good in the management of stress-related disorders.
- ◆ It is a useful preparatory prānāyāma for concentration and meditation.

A word of caution

- ◆ Please avoid this practice in case of nose and ear infections.

6. DHYĀNA

Dhyāna or meditation is an act of continuous contemplation.

Sthiti: Any meditative posture.

Technique

- ◆ Sit in any meditative posture.
- ◆ Keep your spine comfortably erect.
- ◆ Adopt *Jñāna mudra* or *Dhyana mudra* as in the figure.
- ◆ Touch the tip of the thumb to the tip of the index finger, form a circle. The other three fingers are straight and relaxed. All three fingers are side-by-side and touching.



- ◆ Keep your palms facing upwards upon the thighs.
- ◆ Arms and shoulders should be loose and relaxed.
- ◆ Close your eyes and sit with a slightly upturned face.
- ◆ You need not concentrate. Just maintain a mild focus between the eyebrows and be conscious of your breath.
- ◆ Dissolve your thoughts and try to attain single-pointed thought.
- ◆ Meditate.



Note

- ◆ For beginners, soothing music may be played in the background during meditation.
- ◆ Stay as long as you can.

Benefits

- ◆ Meditation is the most important component of Yoga practice.
- ◆ It helps the practitioner to eliminate negative emotions like fear, anger, depression, anxiety and to develop positive emotions.
- ◆ Keeps the mind calm and quiet.
- ◆ Increases concentration, memory, clarity of thought and willpower.
- ◆ Rejuvenates the whole body and mind giving them proper rest.
- ◆ Meditation leads to self-realisation.

SANKALPA

*Hame apne man ko hamesha santulit rakhana hai,
Isi main hi hamaraa atma vikas samaaya hai.
Main apne kartavya khud ke prati, kutumb ki prati, kaam,
samaj aur vishwa ke prati, shanti, anand
aur swasthya ke prachar ke liye baddh hun*

SANKALPA (End the Yoga Practice Session with a Sankalpa)

I commit myself to always be in a balanced state of mind. It is in this state that my highest self-development reaches its greatest possibility. I commit to my duty to self, family, at work, to society, and to the world, for the promotion of peace, health and harmony.

8. Śāntih Pāṭha

~losZHkoUrqlqf[ku%]losZIUrqfujke;k%A
losZ Hkælf k i';Urq] ekdfPkìq%[kHkkXHkosr~A
~ 'kkfUr% 'kkfUr% 'kkfUr%AA

~ *Sarve Bhavantu Sukhinah,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu,
Mā kaścīt Duḥkha Bhāgbhavet
~ Śāntiḥ Śāntiḥ Śāntiḥ*

lc lq[kh gks] lc fujksx gksA
lc fujke; gks] lcdk eaxygks]
dksbZnq[kh%ugksA

*May All become Happy, May All be Free from Illness.
May All See what is Auspicious, May no one Suffer.
Om Peace, Peace, Peace.*

Note: INSTITUTIONAL YOGA PRACTICES (IP) and Matsaṅga etc.)

(Prefer bly Prāṇāyāma, Dhyāna, Yo a Nidrā Prāṇāyāma or Dhyāna/
hall e i troduced after the practice of
editation Session but before the Saṅkalpa

15 Minutes

