

BREATH DETOX YOGA



YOUR MORNING DETOX

This program will help you to start your days with proper energy-body detoxification.

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B O D Y
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01

THERE ARE FIVE TYPES OF BODY ACCORDING TO YOGA PHILOSOPHY:

- **ANNAMAYA KOSHA**
- **PRANAMAYA KOSHA**
- **MANOMAYA KOSHA**
- **VIJNANMAYA KOSHA**
- **ANANDAMAYA KOSHA**



P R A N A Y A M A
K O S H A

02

PRANAMAYA KOSHA IS ABOUT ENERGY BODY

Which are again
divided into five
different energies,
which are helping
your body system
to function
properly.

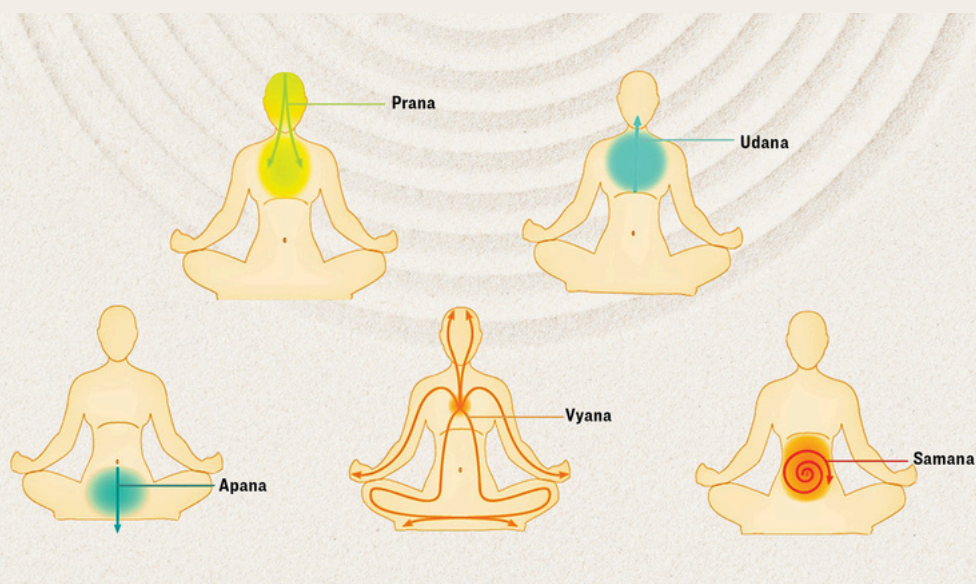
**THESE ENERGY BODY IN
YOGIC TERM IS NAMED
AS PRANA OR VAYU**

P A N C H A
P R A N A

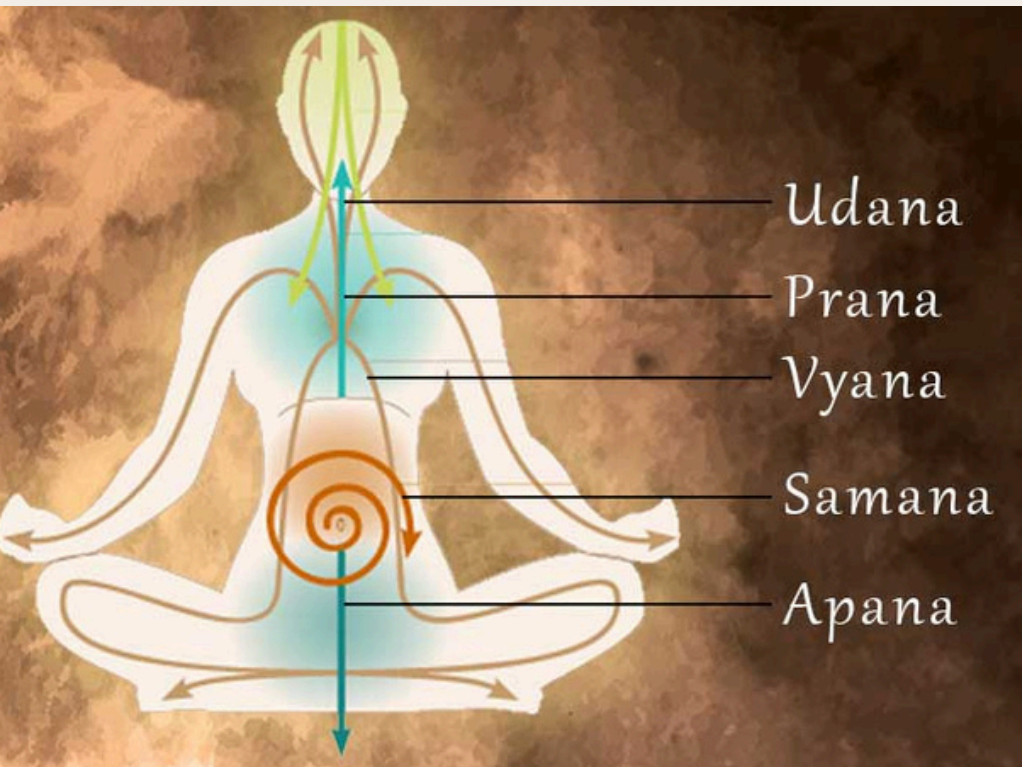
03

THESE 5 VAYU OR 5 PRANA ARE CALLED PANCHA PRANA

THESE ARE THEIR NAMES:



PANCHA MAHA PRANA



THE FIVE PRANA



UDANA

PHYSICAL LOCATION- THROAT TO HEAD

FUNCTIONS - PHYSICAL SENSES, MENTAL STRENGTH, SPEECH
CHAKRA - VISHUDDHI



PRANA

PHYSICAL LOCATION- DIAPHRAGM TO THROAT (HEART)

FUNCTIONS - RESPIRATION, SENSORY PERCEPTION
CHAKRA - ANHATA



SAMANA

PHYSICAL LOCATION- AT THE NAVEL

FUNCTIONS - DIGESTION, METABOLISM, NOURISHING
CHAKRA - MANIPURA



VYANA

PHYSICAL LOCATION- PERVADES ENTIRE BODY (AURA)

FUNCTIONS - CIRCULATION, NERVES
CHAKRA - SWADHISTHANA



APANA

PHYSICAL LOCATION- PELVIC FLOOR TO FEET

FUNCTIONS - ELIMINATION, BIRTHING, MENSTRUATION
CHAKRA - MULADHARA

Every prana is responsible for various body function and control of the body organs for their harmonise performance.



If something is disturb in any of these vayu physical body is receiving so many disease sickness, and sometimes it can be chronicle.

**The practice of Breath
Detox will give you
a quick start and will
help you
to harmonise these
energies so that your
body will receive
enough amount
of prana from universe
to run this physical
body and mental body
with proper
harmonisation.**



Yogi Vidya School