

BREATH DETOX YOGA



YOUR MORNING DETOX

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

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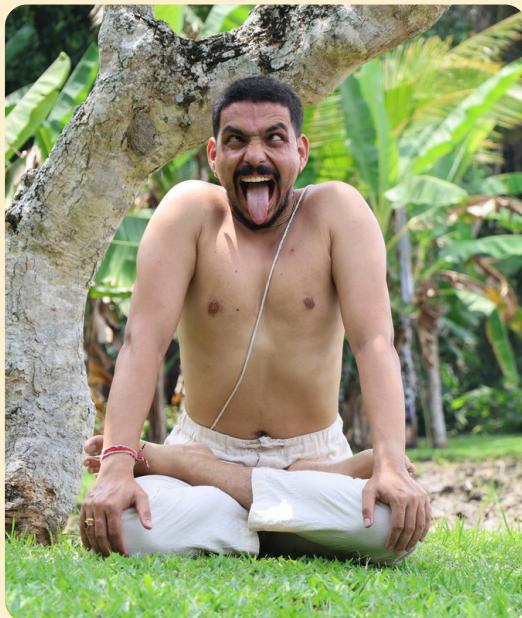
PANCHĀ PRĀNA

B O D Y
T Y P E S

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

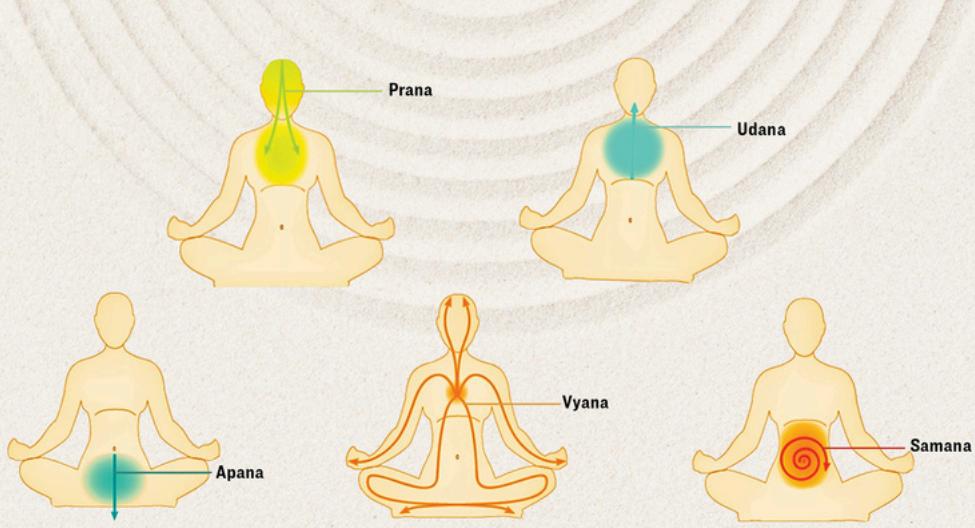
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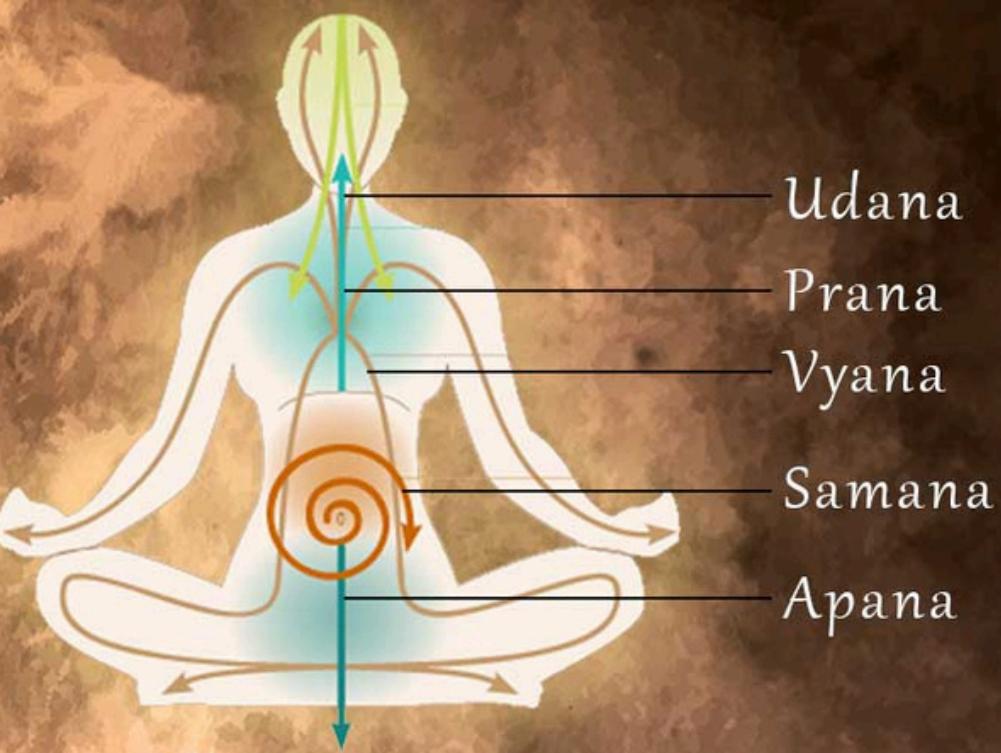
03

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 (LURA)
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.



Yoga Vidya School