

## PRANAYAMA SERIES

1. (To balance prana & apana)  
Idn Easy Pose, arms straight out to sides, parallel to ground, palms up, do Breath of Fire for 2-3 minutes.

To end: Inhale, turn palms over and press them out, hold, and exhale.



2. (To bring in Sun Energy)  
Upper arms parallel to the ground, forearms up, palms forward, thumbs and ring finger touching in Surya Mudra. Inhale in 4 parts, and exhale in 4 parts, pumping navel for 2-3 minutes.

To end: Inhale, bring palms together, pull Mulband, stretch palms up, and exhale down.



3. (Balances the vertical and horizontal auras)  
Interlace fingers, arms out in front, palms facing out. Inhale and lift hands overhead, exhale and bring them down in front, repeat and continue for 2-3 minutes. Then, inhale and bring hands down to the sides.

Part 2: Arms out to sides, palms out, inhale and bring backs of hands together overhead, exhale down to parallel again. Repeat and continue for 2-3 minutes.





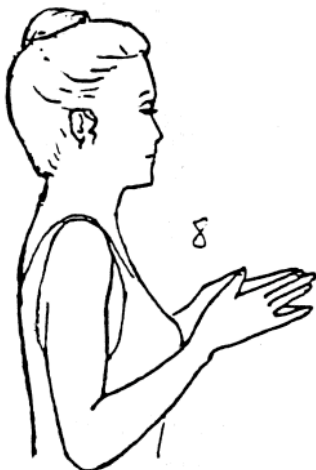
4. Upper arms parallel to ground, forearms up 90° out to sides, thumb and index fingers touching in Gyan Mudra, inhale and twist torso left, exhale and twist right. Repeat and continue for 2-3 minutes.



5. Hands on shoulders, thumbs in back fingers in front, bend side to side, inhaling left, exhaling right, allowing head and neck to relax. Repeat and continue for 2-3 minutes.



6. Alternate Nostril Breathing. Closing right nostril with right thumb and left nostril with right ring finger, quickly inhale through left nostril and exhale through right for 2-3 minutes.



7. Sitali Pranayam: Curl the tongue and stick it out, inhaling through the curled tongue, and exhale through the nose, with chin lock pulled. Continue for 3-5 minutes.

8. With hands at heart center, first three fingers touching each other and opposite fingers, thumbs and little fingers pulled apart but touching opposite fingers, look through the fingers at the little fingers and inhale through the nose, exhale through mouth, then inhale through the mouth and exhale through the nose. Repeat and continue sequence for 2-5 minutes.