

BREATHING CONSISTS OF:

Inhalation = Puraka
Retention = Kumbhaka
Exhalation = Rechaka

On Inhalation

Prana energy goes down, directing
Agni to burn the impurities
in the lower abdomen.



On Exhalation

Apana energy goes up, bringing
the residue of impurities
out of the body.



Agni-Fire
The energy flame
below the navel

In the tradition of Yoga, exhalation is twice as long as the inhalation for the purpose of allowing **APANA** energy to lift out the residue of the impurities of the downward pointing **AGNI** burnt on the inhalation.

Pranayama Reminders:

- 🕒 Unless otherwise instructed, all breathing is in and out through the nose; this warms, filters and moisturizes the air in the body, activating the parasympathetic nervous system and supporting rest, repair and immune function
- 🕒 All pranayama begins with exhalation
- 🕒 2 essentials - a stable spine (achala) and a still yet alert mind (sthira)
- 🕒 2 goals of pranayama - extended (dirgha) and subtle (sukshma)
- 🕒 Pranayama (and generally all yoga) is done on an empty stomach
- 🕒 Pregnancy and menstruation | **Absolutely NO** Kapalabhati, Bhastrika, Antara Kumbhaka or Uddiyana Bandha | **Alternatives:** Sitali | Sitakari, Ujjayi, Nadi Shodhana, Bhramari