# Prana | Apana | Agni

### **BREATHING CONSISTS OF:**

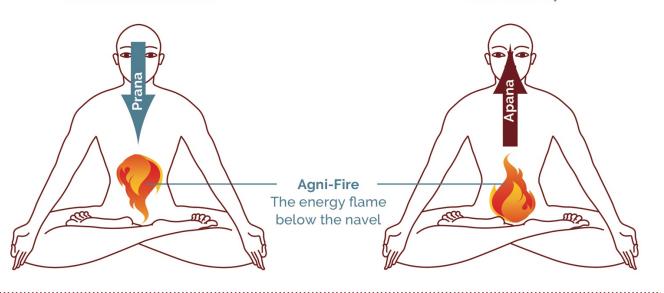
Inhalation = Puraka Retention = Kumbhaka Exhalation = Rechaka

## 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.



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