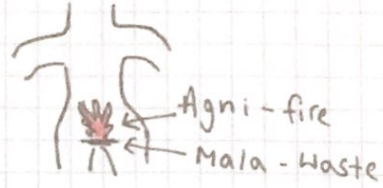


Key of light

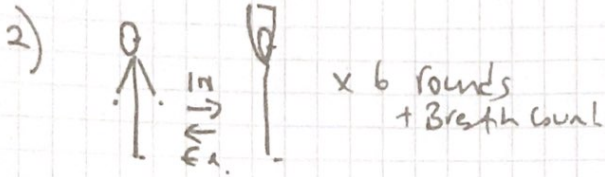
May practice - puraka - Inhalation focus



"Arrive, tune in" Breathe.....

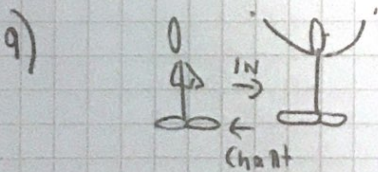
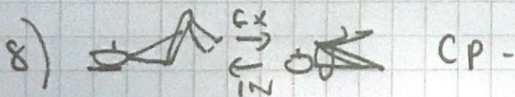
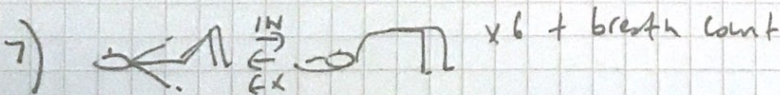
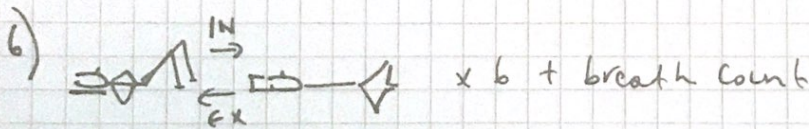
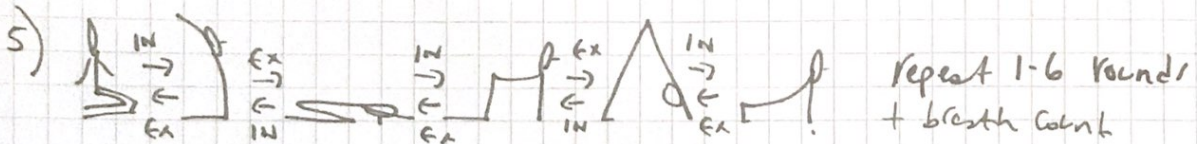
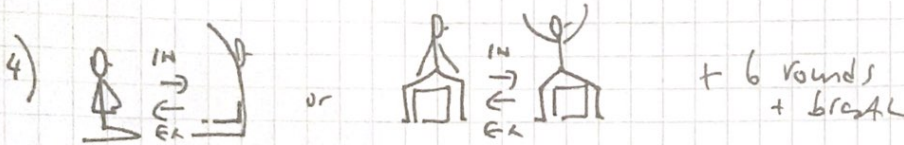
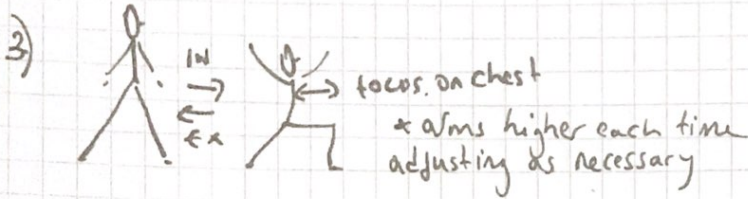


Inhale - flames drawn down  
- pause -  
Exhale - draw ab up.  
- pause -



Breath Count / Prānāyāma

Inhale	-	Exhale
4	P	Free
6	A	Free
8	U	Free



Om Pūrṇa Idam

IN - 4, 6, 8 - exhale

Natural breath -

feeling the aliveness with you.  
Namaste.