



THE MOST IMPORTANT EXERCISES

Pranayama-Sequence



- 1 - Kapal Bhati
- 2 - Bhastrika Pranayama
- 3 - Surya Bheda (Sun)
or Chandra Bhedi
(Moon)
- 4 - Anuloma Viloma
- 5 - Ujjayi Pranayama
- 6 - Sheetalī Pranayama
- 7 - Sheet Kari Pranayama
- 8 - Bhramari Pranayama



energising



balancing



calming





ENERGISING BREATHING EXERCISES

1 – **Kapalbhati (Skull Shining Breath)**

(relaxing of facial muscles, nostrils and forehead, cleaning of the frontal lobe)

- force comes from a powerful contraction of the lower belly and the navel is being pulled inside
- fast, explosive exhaling through the nose, twice as long as inhaling which is really subtle



2 – **Bhastrika Pranayama**

(good for liver, kidneys, pancreas and spleen, increasing of digestive fire)

- powerful in- and exhaling into the chest and lower abdomen through the nose; mouth is gently closed
- while inhaling: chest is raising; while exhaling: chest is relaxing and lowering

Should you suffer from high blood pressure, asthma or hernia, do this breathing technique only in a gentle and slow way! Always listen to your body.





ENERGISING BREATHING EXERCISES

3a – **Surya Bheda (Sun)**

(strengthens the sun energy in the body - warming)

- inhale through the right nostril (ring finger of the right hand is closing the left nostril)
- open the left nostril and close the right nostril with your thumb and exhale through the left nostril
- start from the beginning

3b – **Chandra Bhedi (Moon)**

(strengthens the moon energy in the body - cooling)

- inhale through the left nostril (right thumb is closing the right nostril)
- open the right nostril & close the left nostril with your right ring finger; exhale through the right nostril
- start from the beginning



Effects on our body:

- mucus-dissolving
- suitable for asthmatics and psychological diseases of any kind



BALANCING BREATHING EXERCISE

4 – **Anuloma Viloma** (Alternate Nostril Breathing)

- close the right nostril with the right thumb
- inhale through the left nostril for 4 seconds
- now close both nostrils with thumb and ring finger and hold the breath for about 4-16 seconds
- open the right nostril and exhale 8 seconds (empty your lungs almost completely)
- keep the left nostril still closed and inhale 4 seconds through the right nostril
- now close both nostrils again and hold the breath for 4-16 seconds
- open now the left nostril and exhale 8 seconds
- start from the beginning again (inhale through left)
- do this for 5-10 minutes and then keep your eyes closed and feel the effects



Effects on our organism:

- increases the lung capacity
- opens the passage through our nose and both nostrils
- support against asthma, hayfever and allergies
- prevention of cold



CALMING BREATHING EXERCISES



5 – Ujjayi Pranayama

- slightly contract your trachea until with inhaling a hissing sound is being created
- inhale through both nostrils and hold the breath as long as it feels comfortable
- close the right nostril with the right thumb (ring finger and middle finger touching the 3rd eye) and exhale through the left nostril
- start from the beginning



Effects on our organism:

- removing heat from the head
- increasing the digestive fire
- supports the healing of constipation, asthma and pulmonary diseases
- calming the mind and increasing of the lung volume



CALMING BREATHING EXERCISES

6 – **Shitali Pranayama**

- protrude your tongue a little bit over your lips
- roll up your lip to a tube and breathe through the rolled up tongue with a long hissing sound
- hold your breath as long as it feels comfortable
- exhale slowly through your nose

7 – **Shitkari Pranayama**

- same exercise like above with a little difference: the tongue is pushing from the inside against the root of your upper teeth and the lips are lightly tensed and open
- pull in the air with a hissing sound and then slowly exhale through the nostrils



Effects on our organism:

- cooling effect on the whole organism
- appeases hunger and thirst; febrifugal
- eliminates chronic digestion and skin problems; helps with inflammation of the spleen and bilious complaint



CALMING BREATHING EXERCISES

8 – **Bhramari Pranayama**

- the index fingers are blocking the ear drums
- inhale through both nostrils with a hissing sound
- exhale through a closed mouth and a long mmmh-sound
- repeat 10 times

other performance:

- block the ear drums with your thumbs and put the three middle fingers on your eyes
- inhale through both nostrils with a hissing sound
- exhale through the closed mouth with a buzzing sound



Effects on our organism:

- the buzzing sound helps to keep the throat healthy and prevents it from clogging up and to open the heart
- is reducing hoarseness, coughing and the liability to infections
- helps to strenghten the voice



"Sometimes the most important thing in a day is the rest we take between two deep breaths."

