STARTED 4/22/09

Pranayama

Rechaka *(exhale)*
Kumbhaka *(hold)*
Puraka *(inhale)*

Sit in Lotus

take 5 breaths

(Rechaka) exhale *(Kumbhaka)* hold 12 *(Puraka)* inhale
(Rechaka) exhale *(Kumbhaka)* hold 12 *(Puraka)* inhale
(Rechaka) exhale *(Kumbhaka)* hold 12 ~~*(Puraka)* inhale~~

16/24

(Puraka) inhale *(Kumbhaka)* hold 18 *(Rechaka)* exhale
(Puraka) inhale *(Kumbhaka)* hold 18 *(Rechaka)* exhale
(Puraka) inhale *(Kumbhaka)* hold 18 *(Rechaka)* exhale

take 5 breaths

16/20

15 12

(Puraka) inhale *(Kumbhaka)* hold for 15 *(Rechaka)* exhale *(Kumbhaka)* hold for 12
(Puraka) inhale *(Kumbhaka)* hold for 15 *(Rechaka)* exhale *(Kumbhaka)* hold for 12
(Puraka) inhale *(Kumbhaka)* hold fpr 15 *(Rechaka)* exhale *(Kumbhaka)* hold for 12

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take five breaths

- **in both**
- **out both**

1. in R (hold) 12 CT
2. out L
3. in L
4. out R
5. in R
6. out L
7. in L
8. out R

ON INHALES – LIFT HEAD & EXPAND SPINE
THEN DO JALANDHARA TO RETAIN

9. in R HOLD 12 CT
10. out L
11. in R
12. out R
13. in R
14. out R
15. in R
16. out R
17. in R
18. out L
19. in L

20. out L HOLD 12 CT
21. in L
22. out L
23. in L
24. out L
25. in L
26. out R

- **in R**
- **out L**

AFTER: YR. INCR. TO 18 CT IF COMFORTABLE

TAKE 5 BREATHS
→ SITALI 3X HOLD 10 CT (PURAKA KUMBHAKA)

BHASTRIKA ADDED 12/2/09 → INHALE GRAB FOOT
BHASTRIKA 30X
HOLD 10 CT

LAST HOLD = JNANA MUDRA