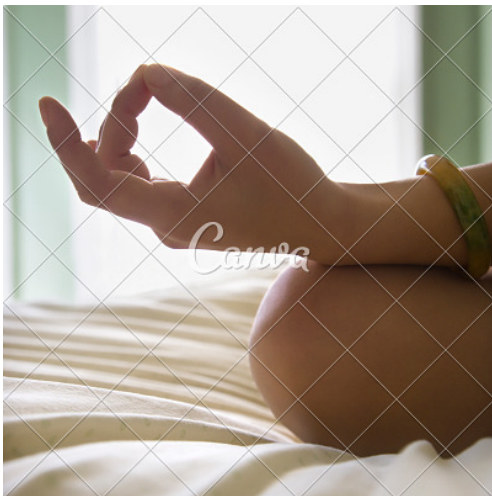


PRANAYAM SERIES

PRANA is our life force, it is our connection to the infinite and it comes in through our breath. When you master your breath you are fearless, fully alive, at one with all creation and self motivated. If your Pranic Body is weak you have a constant low level anxiety and fatigue. You may be fearful, defensive, imbalanced and blaming. One way to balance your Pranic Body is to practice breathwork. This series is meant to do just that!



1. Sit in a comfortable meditative position cross legged. Your hands rest on your knees in **GYAN MUDRA** (your thumb and index fingers touch). Keep your elbows straight and begin **BREATH OF FIRE** (pump your belly in on the exhale, the inhale happens as you relax your belly. Inhale and exhale in and out through the nose. This is a powerful breath that will help cleanse you of toxins). Do this breath of fire for **7 MINUTES**. Then inhale and hold the breath for **10-30 SECONDS**. Exhale and relax.

2. Now begin to breathe long and deep full breaths. Breathe deeper than normal letting the belly and ribs expand on your inhales and pull back on the exhales. Do this **LONG DEEP BREATHING** for **5 MINUTES**. Then inhale and hold the breath for **10-15 SECONDS**. Exhale and relax.



3. Now pucker your lips and inhale deeply through them. Then exhale through your nose. Do this breath for **3 MINUTES**. Then inhale, hold the breath briefly, exhale and relax.

4. **REPEAT EXERCISE 1**. Powerful **BREATH OF FIRE** for **2 MINUTES**. Then inhale deeply and hold, focus on your Third Eye (The space in between your eyebrows). Then exhale and relax.

5. Now meditate on the flow of breath as you relax in a meditative position. Let your breath settle back to its normal pace and feel the difference. You can do this breath exercise everyday in the morning to start your day with more expansiveness and intuition.

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