

Figure 3: Hand Stretch Breathing

Synchronise hand movements with your breath. Perform 10 rounds.

ii. Hand-stretch breathing (Figure 3): Interlock your fingers and keep them on your chest. Breathe in stretch the hands out with keeping the fingers interlocked, breathe-out and come back. Do the same practice again at 135 degrees and 180 degrees above the head. Repeat each for 10 counts.

iii. Vibhagiya pranayama (Sectional or Square breathing; 3:3:3:3; Figure 4): Deep breathing with awareness on the natural respiratory movements of the lower, middle and upper chest. Inhale deeply for 3 counts, hold the breath for 3 counts. Now, slowly exhale or 3 counts and retain emptiness of breath for 3 counts. Repeat this cycle for 9 rounds.

iv. Kapalabhati Kriya (Skull shining breath): Flapping of abdomen with active exhalation and passive

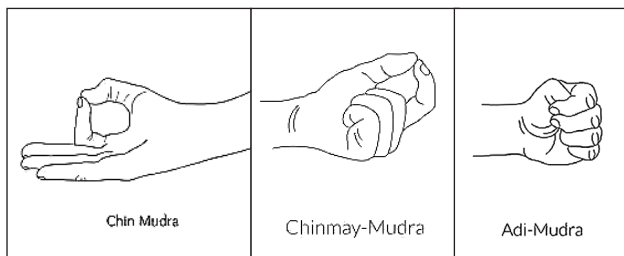


Figure 4: Different mudras in VibhagiyaPranayama

inhalation (those with blocked nose should perform with mouth wide open); 80-120 strokes per minute for 2 minutes followed by gap of 1 minute and repeat the cycle one more time.

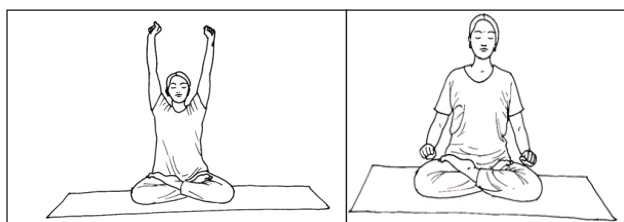


Figure 5: Bhastrika Pranayama

v. Bhastrika Breathing (Bellows breath; Figure 5): Forceful and rapid inhalation and exhalation. This has to be practiced for 3 cycles, each of 20 strokes. One inhalation and exhalation make one stroke. 20 strokes followed by gap of 30 seconds.



Figure 6: Nadishuddhi Pranayama

vi. Nadishuddhi (Alternate nostril breathing; Figure 7): Inhale slowly from left nostril, exhale from right; then inhale from right and exhale from left. This makes 1 cycle: 9 cycles.

vii. Ujjayi breathing (Victorious breath): Inhale and exhale deeply while constricting your throat such that a sound of friction of air in the throat region is heard during inhalation as well as exhalation. Try to make exhalation longer than the inhalation. Repeat this for 9 rounds

viii. Bhramari (Humming bee breath): Inhale deeply, keep the mouth closed, gently touch the tip of the tongue to the upper palate and produce humming sound. Try to make exhalation longer than the inhalation. Repeat this for 9 rounds. Keep the eyes closed during the practice and feel the vibrations in the head region. 9 rounds 1 cycle.

B. **Relaxation** (for ~ 10 minutes):

i. Deep abdominal breathing at the rate of 6 breaths per minute {Inhalation (abdominal goes out): Exhalation (abdomen sinks in) =1:2; 10 counts} (3 minutes)

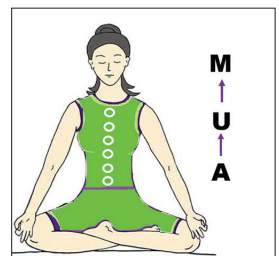


Figure 7: Nadanusandhana Practice

- ii. Nadanusandhana (Figure 7): Relaxing the joints and muscles consciously from toes to head with chanting of the sounds AAA (with awareness on abdomen), UUU (awareness on chest and back) and MMM (awareness on head region)- 9 rounds each sound (5 minutes)
- iii. Silence with awareness of the present moment (listening to the neutral sounds in surrounding without judging) (1 minute)
- iv. Positive resolve in the mind: "I am completely healthy" 9 rounds; (1 minute) □