

Pranayama

Teachers Training
Level 1

Postures for Level 1
Pranayama Practice



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श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om

Sri Gurubhyo Namah Harih Om

Salutations to the Gurus!

ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ saha nāvavatu saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītam astu mā vidviṣāvahai
oṃ śāntiḥ śāntiḥ śāntiḥ

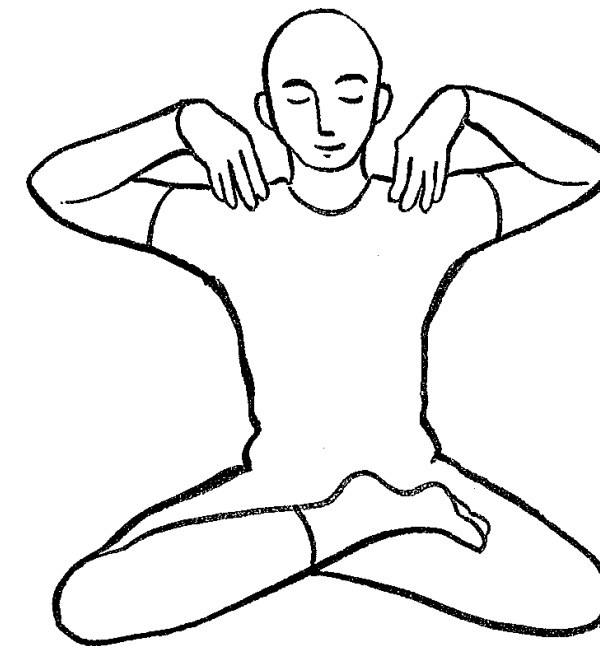
May that Brahman protect us together. May it nourish us together. May we both gain great vitality. May our learning be brilliant. May we never argue. Om peace, peace, peace.

General rules for when to use these practices.

1. Seated shoulder rolls, seated urdhva hastasana, and seated ardha kati chakrasana can be done after the opening prayer.
2. The standing version of each of those can also be done after the opening prayer.
3. Sheetala dandasana can be done to break up longer periods of sitting, such as after the resonance practices and before kapalabhati.
4. Pavanamuktasana can be done before lying down breathing practices and also before savasana.

Seated Shoulder Rolls

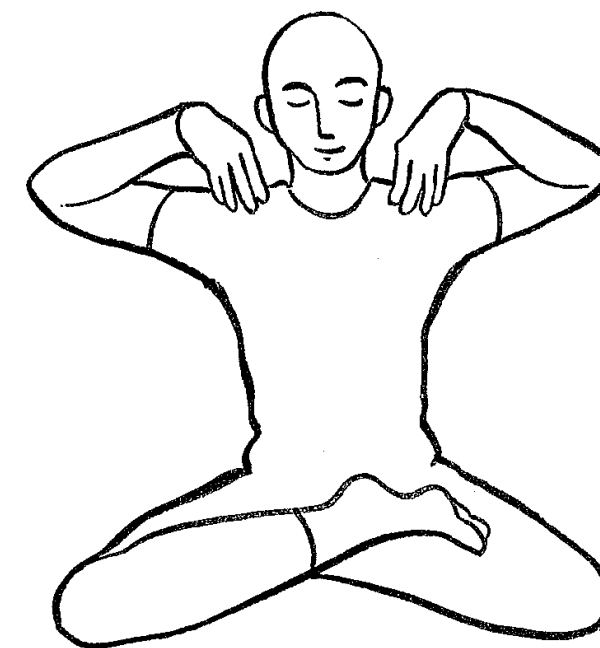
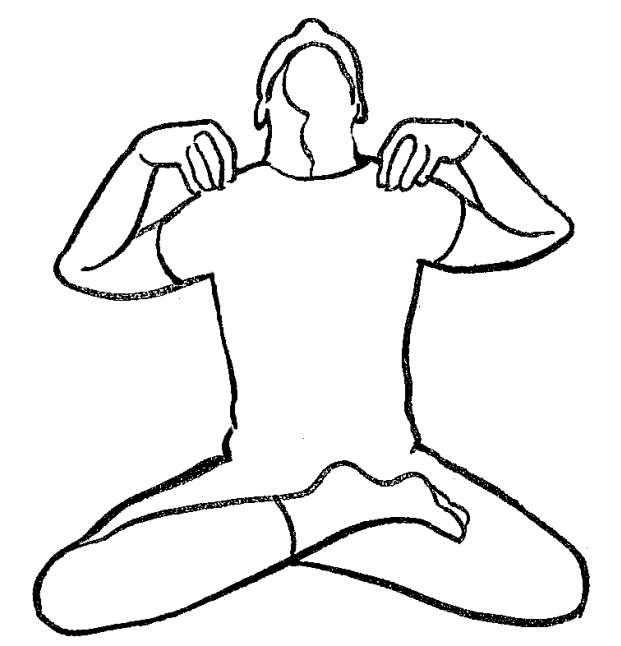
1. Place your fingers on your shoulders, elbows out to the sides
2. Draw your elbows forwards towards each other in front of your chest, round your upper back, and bring your chin towards your collarbones while exhaling
3. Roll your elbows up and back while inhaling, lift your chest upwards, and rest your head back
4. Exhale and bring the chin forward and elbows towards each other in front of your chest, rounding your upper back
5. Repeat up to 10 times
6. Reverse the direction of the arms, but keep the same breathing pattern



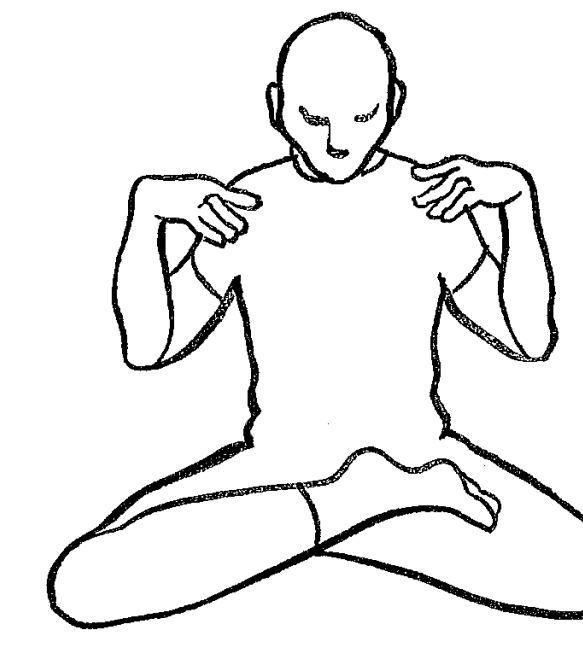
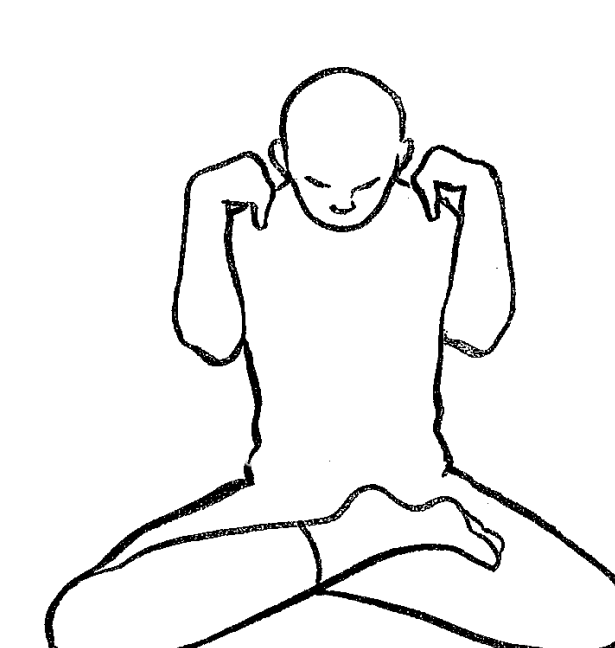
Inhale then exhale curling forward



Inhale arching backward



Exhale curling forward

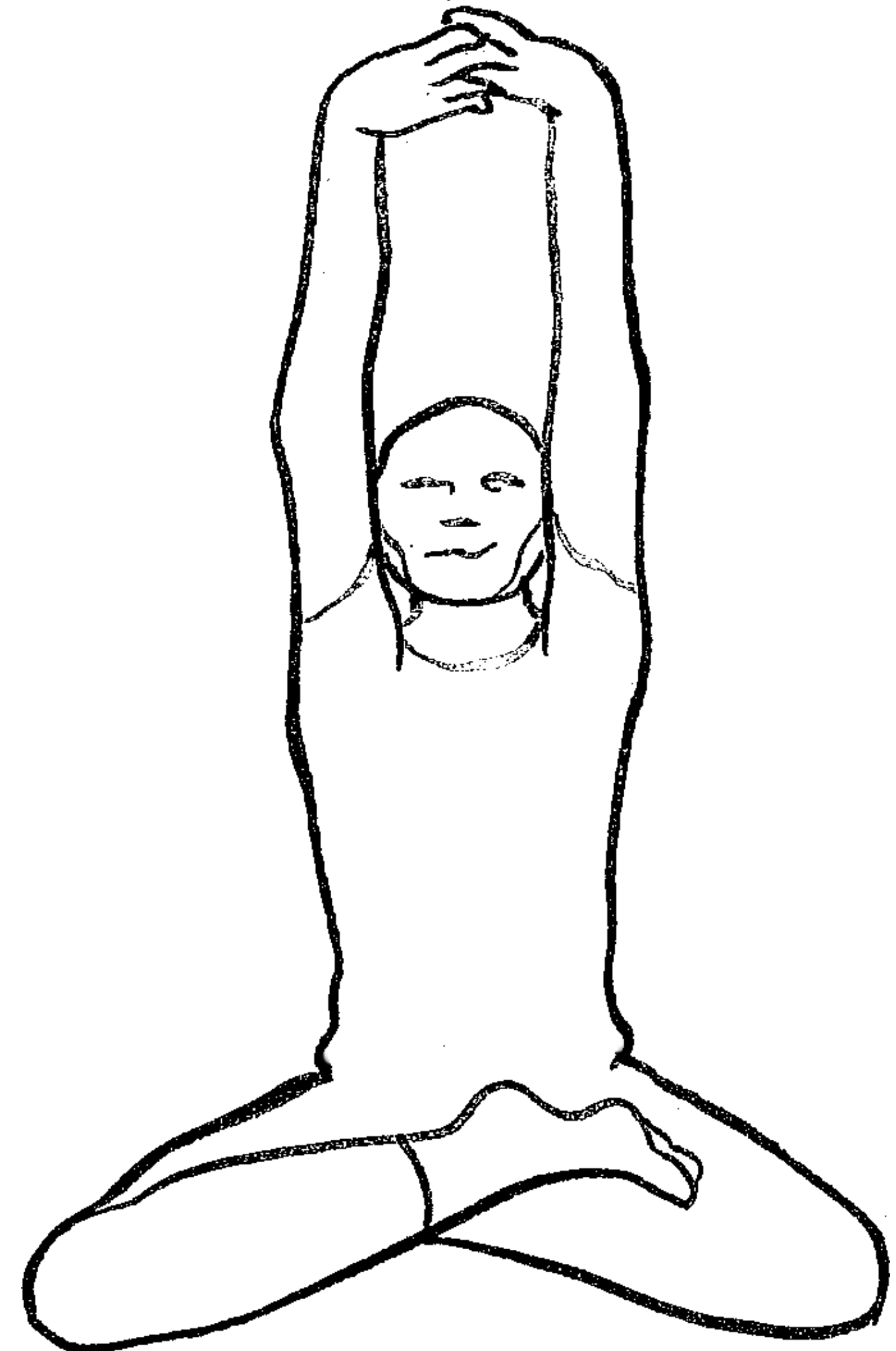


Reverse arm direction same breathing



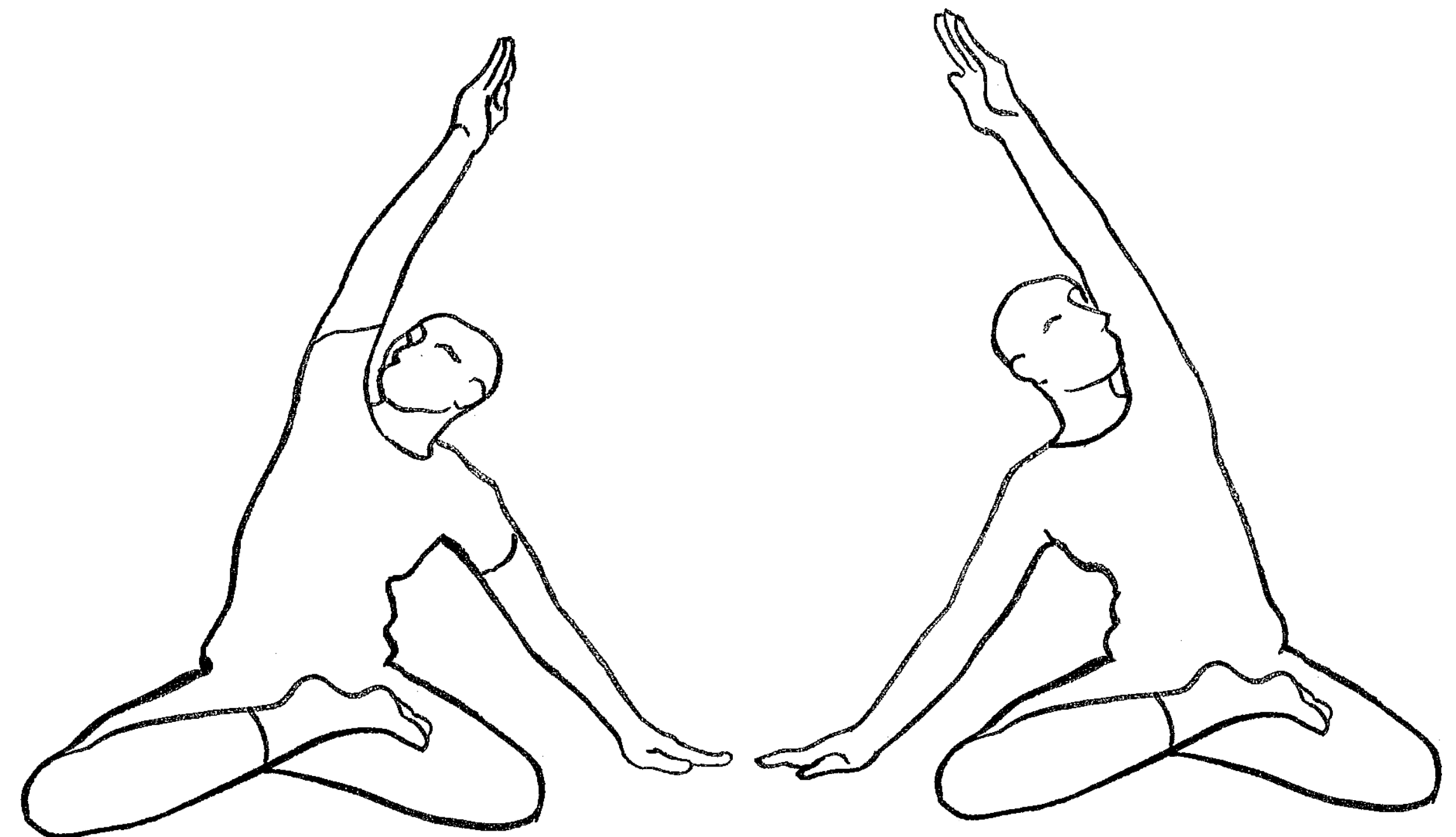
Seated Upward Arm Extension (Urdhva Hastasana)

1. Interlace your fingers
2. Push your hands downwards until your arms are straight
3. Inhale and reach your hands straight up over your head
4. Breathe here 3-5 slow breaths
5. The shoulders can lift towards the ears
6. Lower the arms on an exhalation, and release your hands



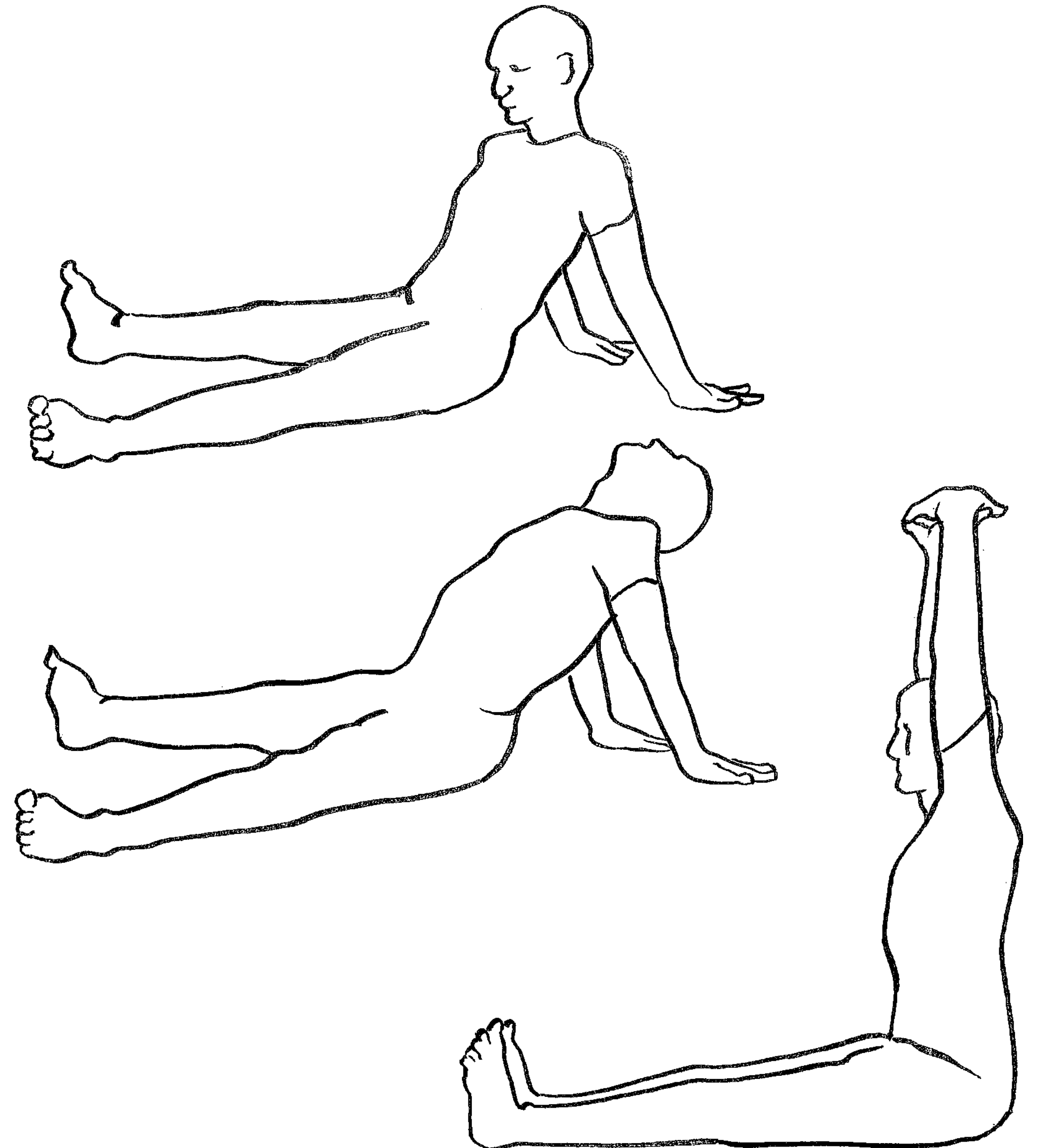
Seated Ardha Kati Chakrasana

1. Place your left hand on the floor a few inches away from your hip
2. Straighten your left arm, and lift your chest
3. Inhale and lift your right arm next to your head, keeping the arm straight
4. Lean towards the left till you feel that you are stretching the right side of your body
5. Gaze up at the right hand for a few breaths, and then gaze down at your left hand for a few breaths
6. Lower the right arm on an exhalation, and come back to sit straight
7. Repeat on the opposite side



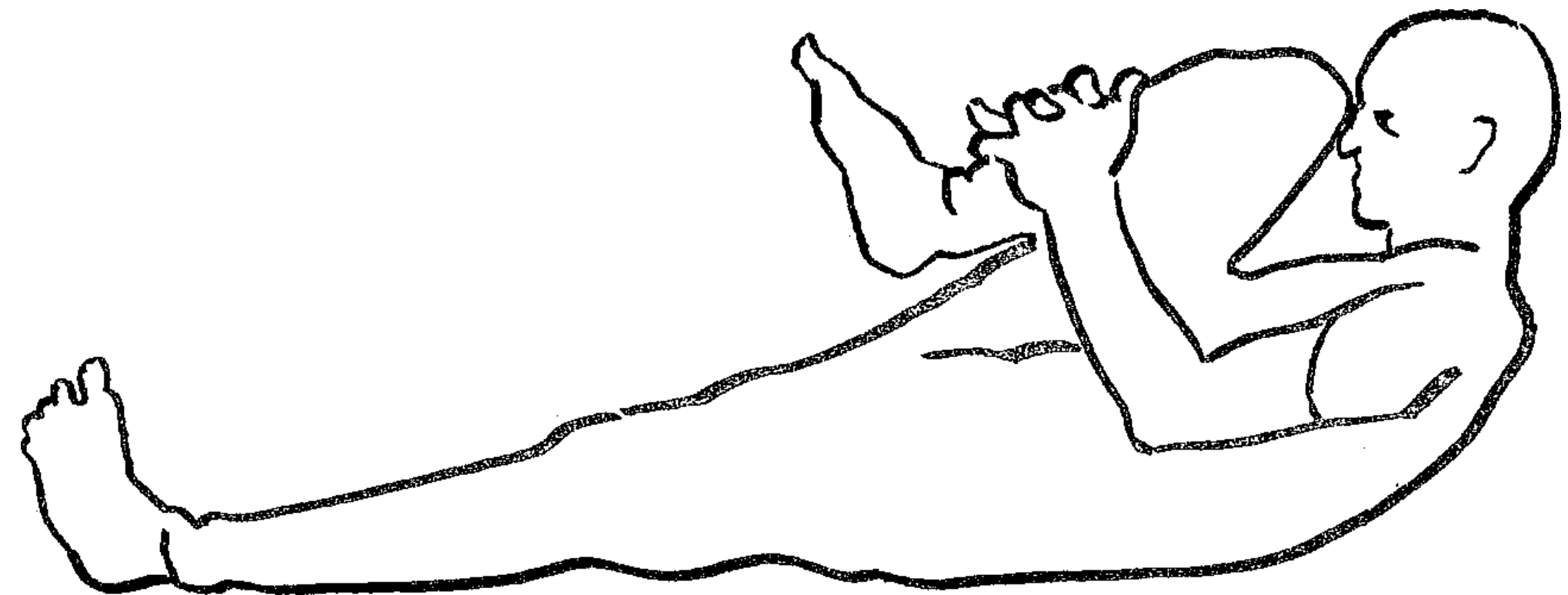
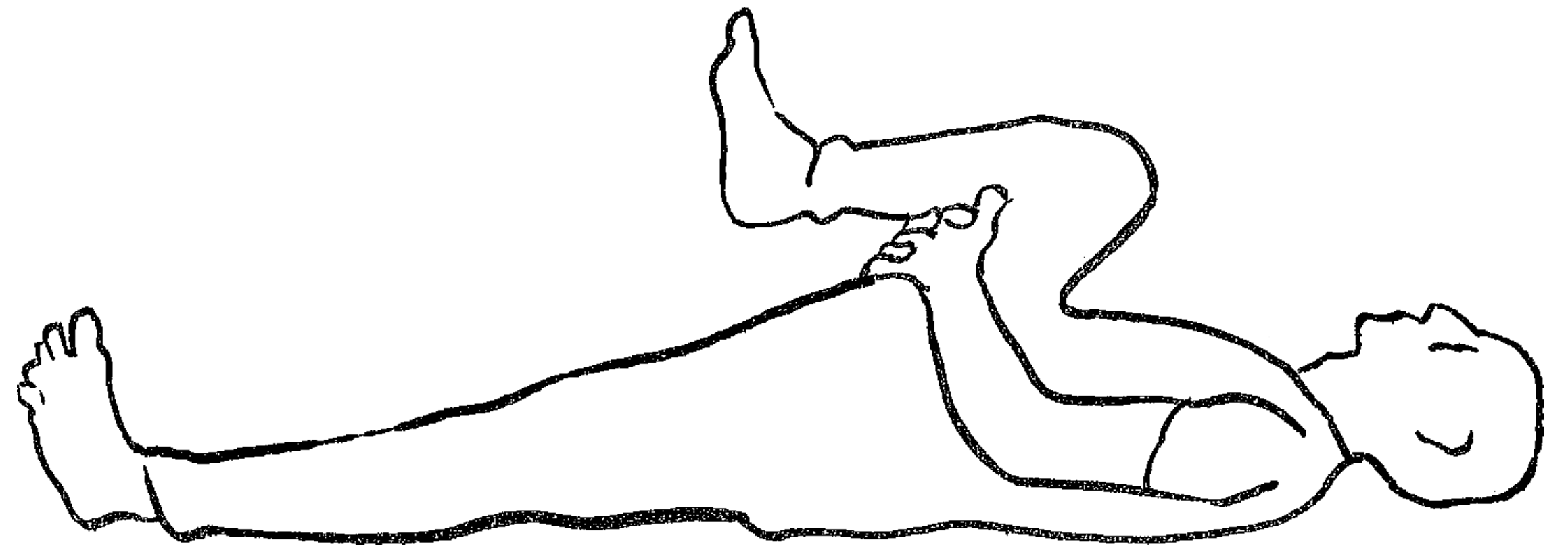
Sheetala Dandasana

1. Straighten your legs in front of you and spread them as wide as your mat
2. Place your hands on the floor about 8"-12" behind you, with your fingers facing away from your body
3. Lengthen your lower spine, lift your chest, and rest your head back
4. If you have any neck discomfort, keep your chin closer to your chest and continue to lengthen your lower spine
5. Breathe here 3-5 breaths
6. To release, first round your lower back, then lift your chin, then come to sit straight
7. A nice counterpose for this is urdhva hasta dandasana, interlacing the fingers, stretching the arms up straight, and breathing with the chin down for 3-5 breaths



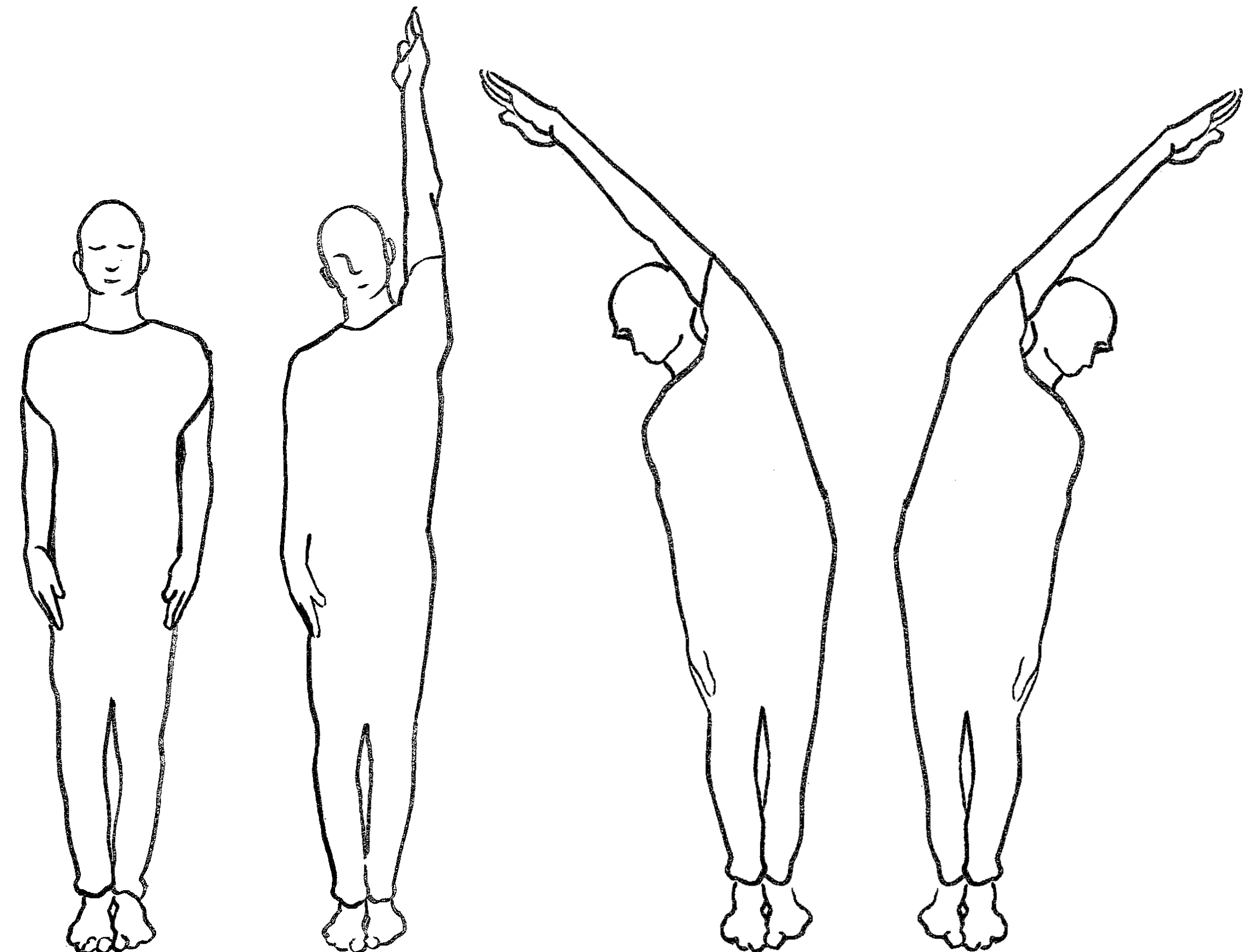
Pavana Muktasana

1. Lie on your back with your legs straight
2. Bend your right knee in towards your chest
3. Interlace your fingers behind your thigh or in front of your shin
4. Try not to keep your hands on the knee
5. Pull your leg in towards your chest, slightly to the side of your ribs
6. Lift your head towards your knee
7. Breathe in this position for 3-5 breaths
8. Release and repeat on the opposite side



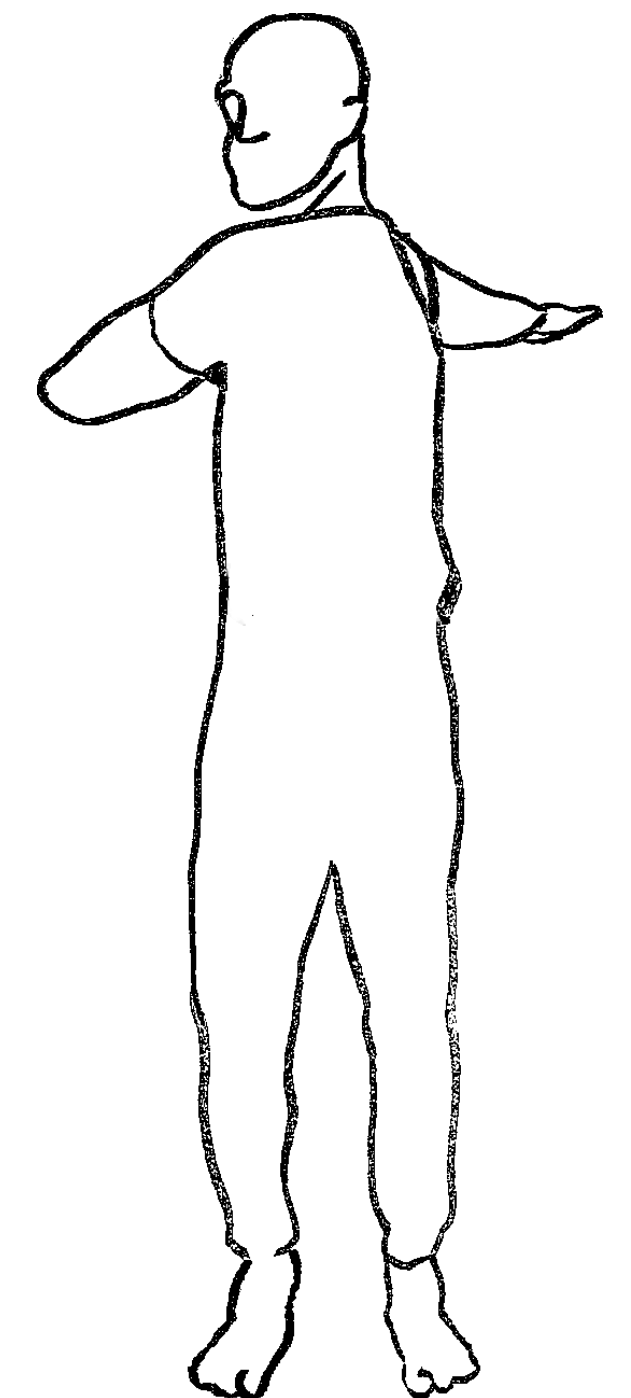
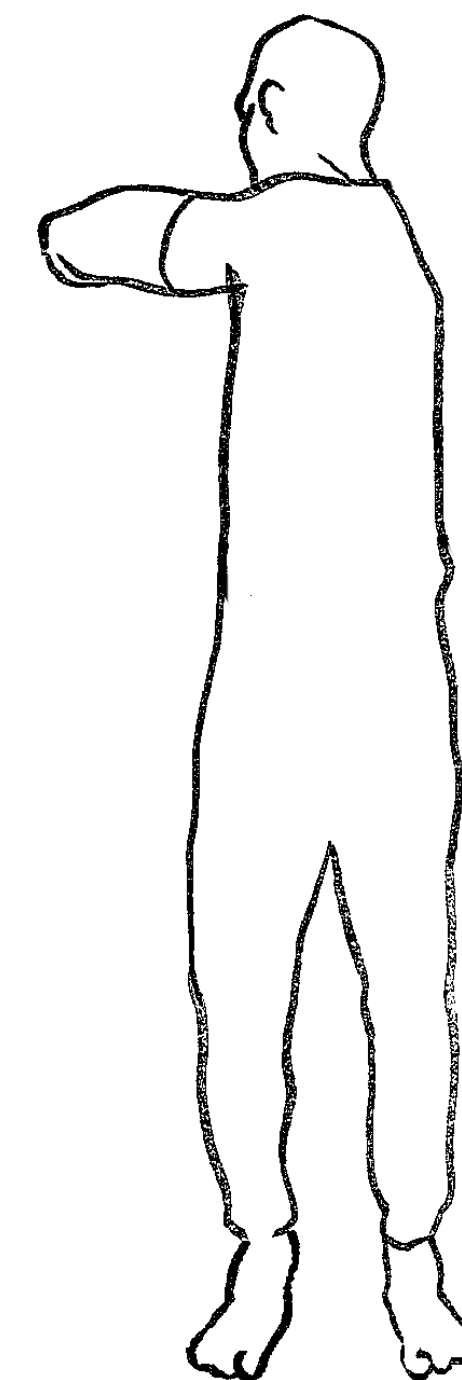
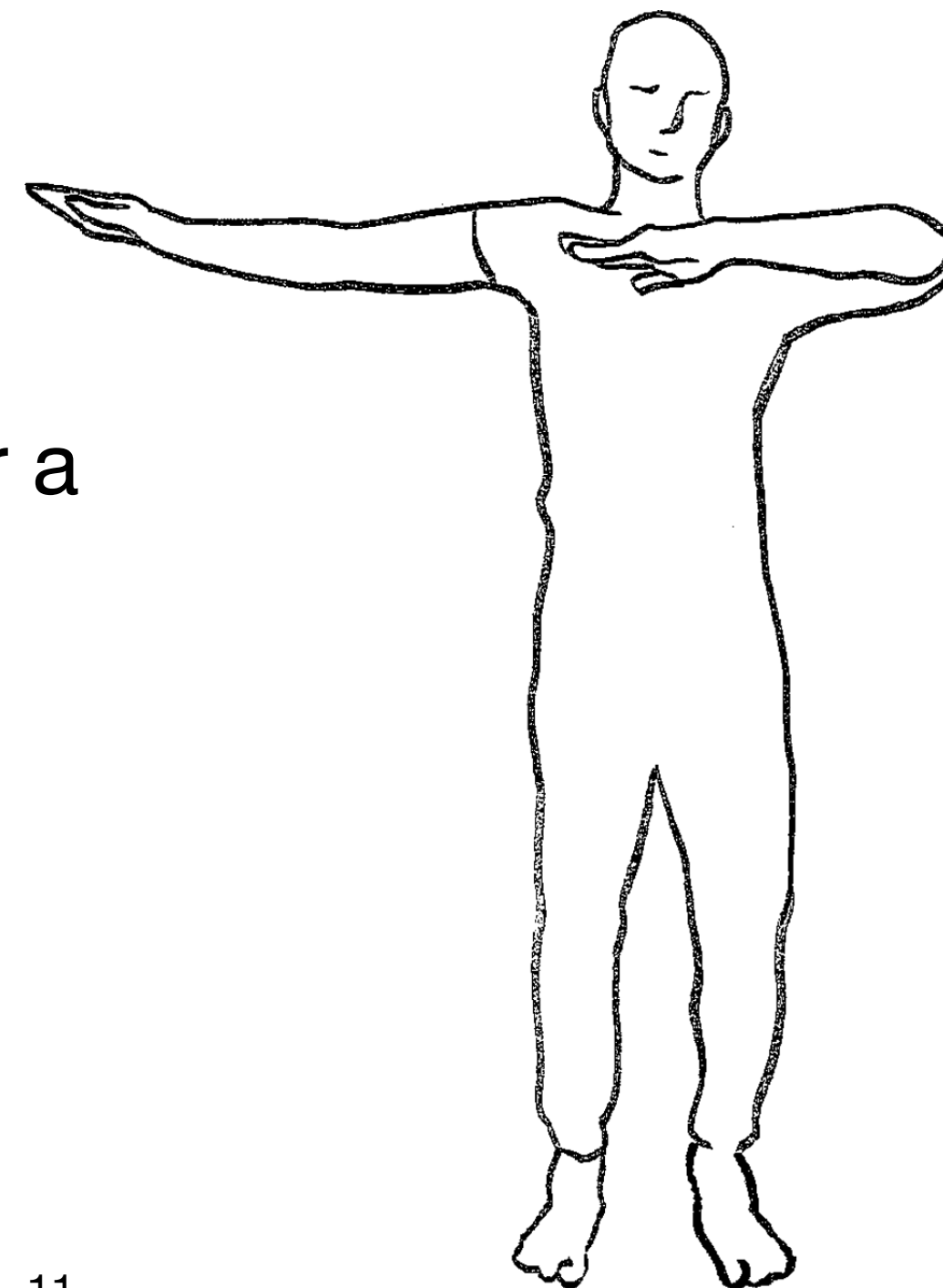
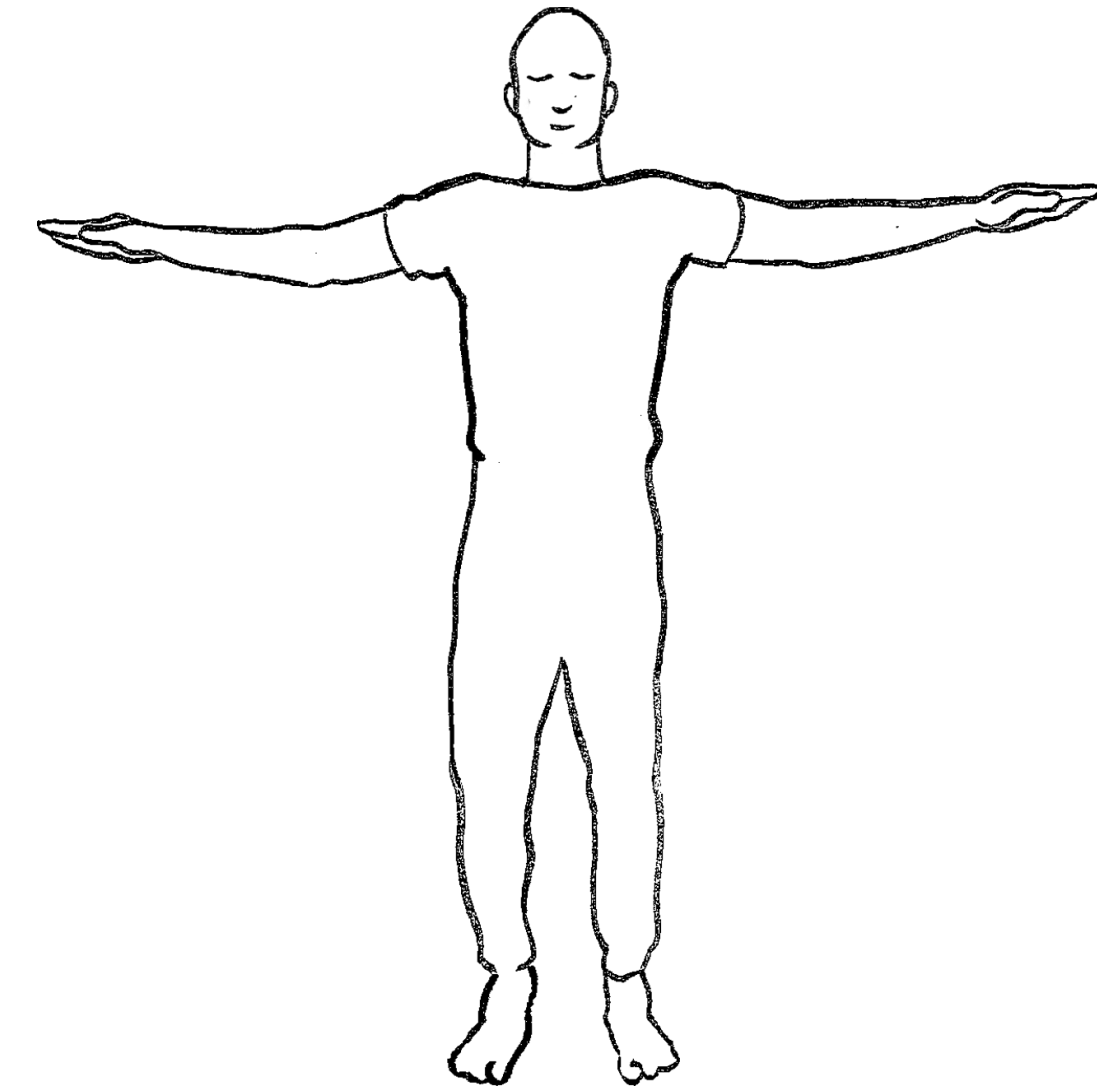
Standing Ardha Kati Chakrasana

1. Stand with your legs together and arms by your sides
2. As you inhale, lift your left arm up next to your ear, and lift your chest
3. Exhale and lean your body gently towards the right, keeping the left arm straight
4. Gaze up at the left hand for a few breaths, and then gaze down at your left hand for a few breaths
5. After 4-6 breaths, inhale and come back to center
6. Exhale and lower your left arm
7. Repeat on the right side



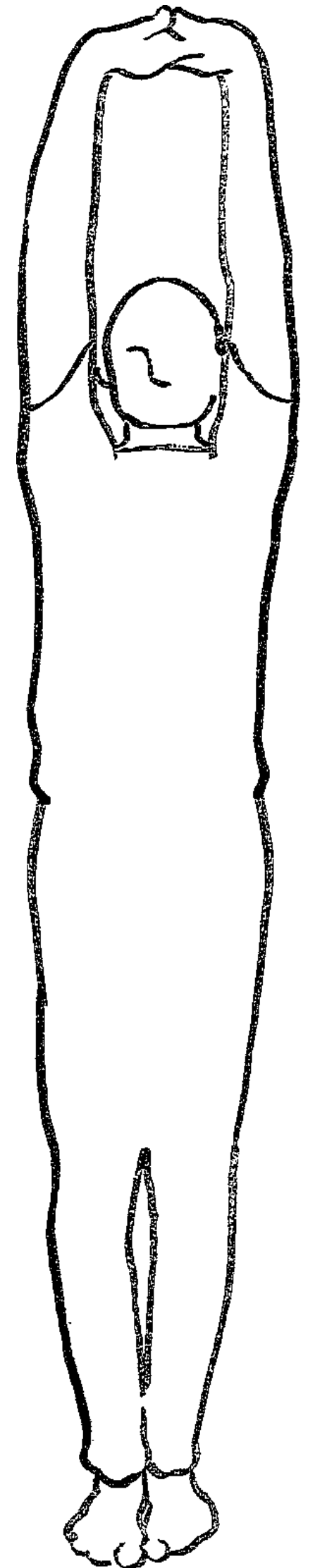
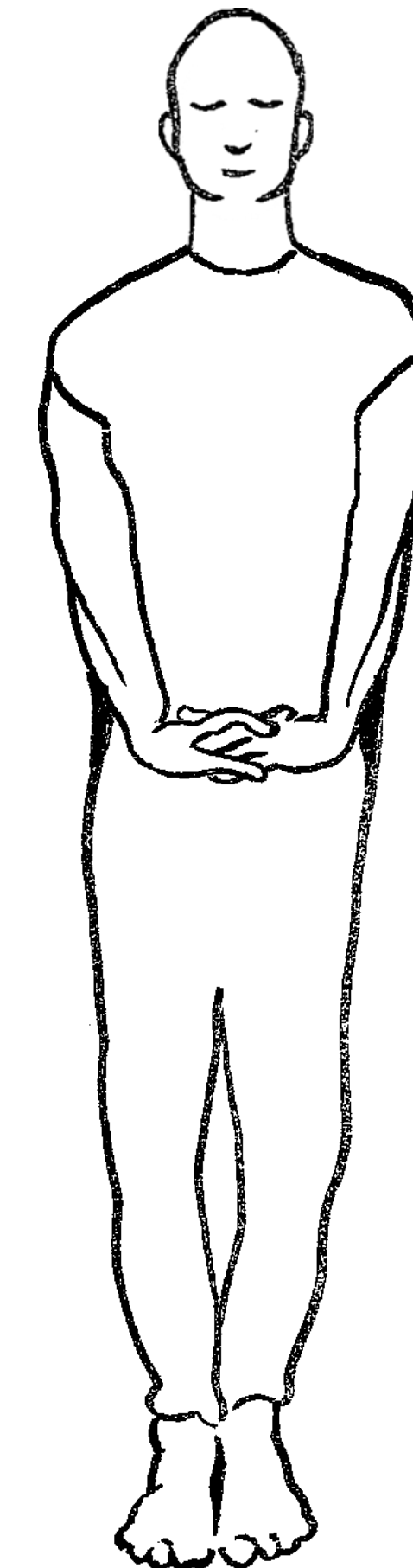
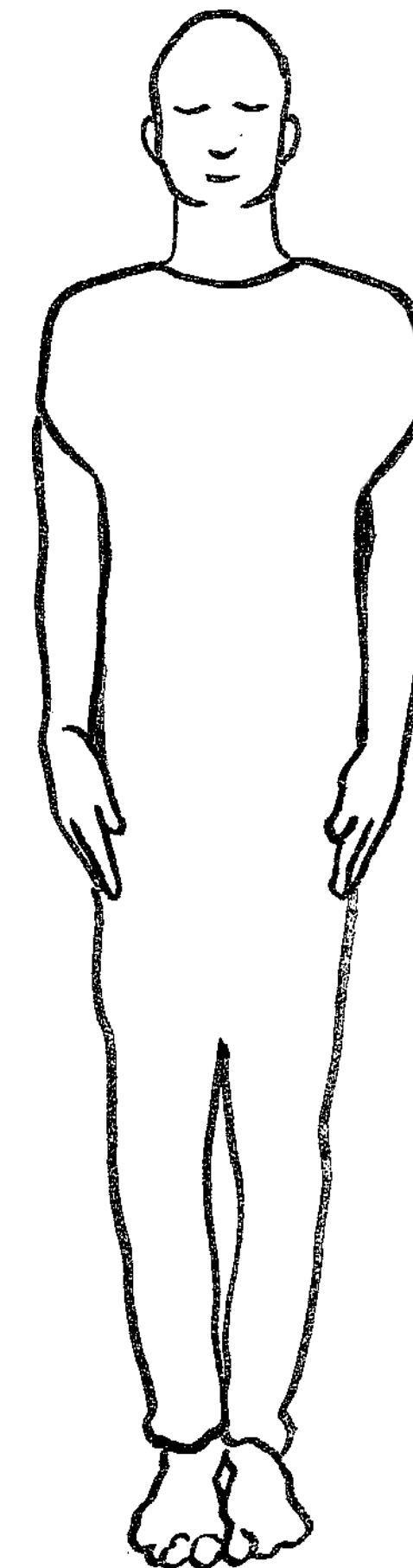
Kati Chakrasana

1. Stand with your legs hip width apart
2. Inhale your arms to the level of your chest in a T shape
3. Bring your left fingertips to rest on your right collarbone
4. Twist your body to the right, keeping your right arm straight and chest level
5. After you've twisted to a comfortable distance, remain in that position, breathing
6. Try rotating your head to look towards the left for a few breaths
7. Release to the center
8. Repeat on the left side



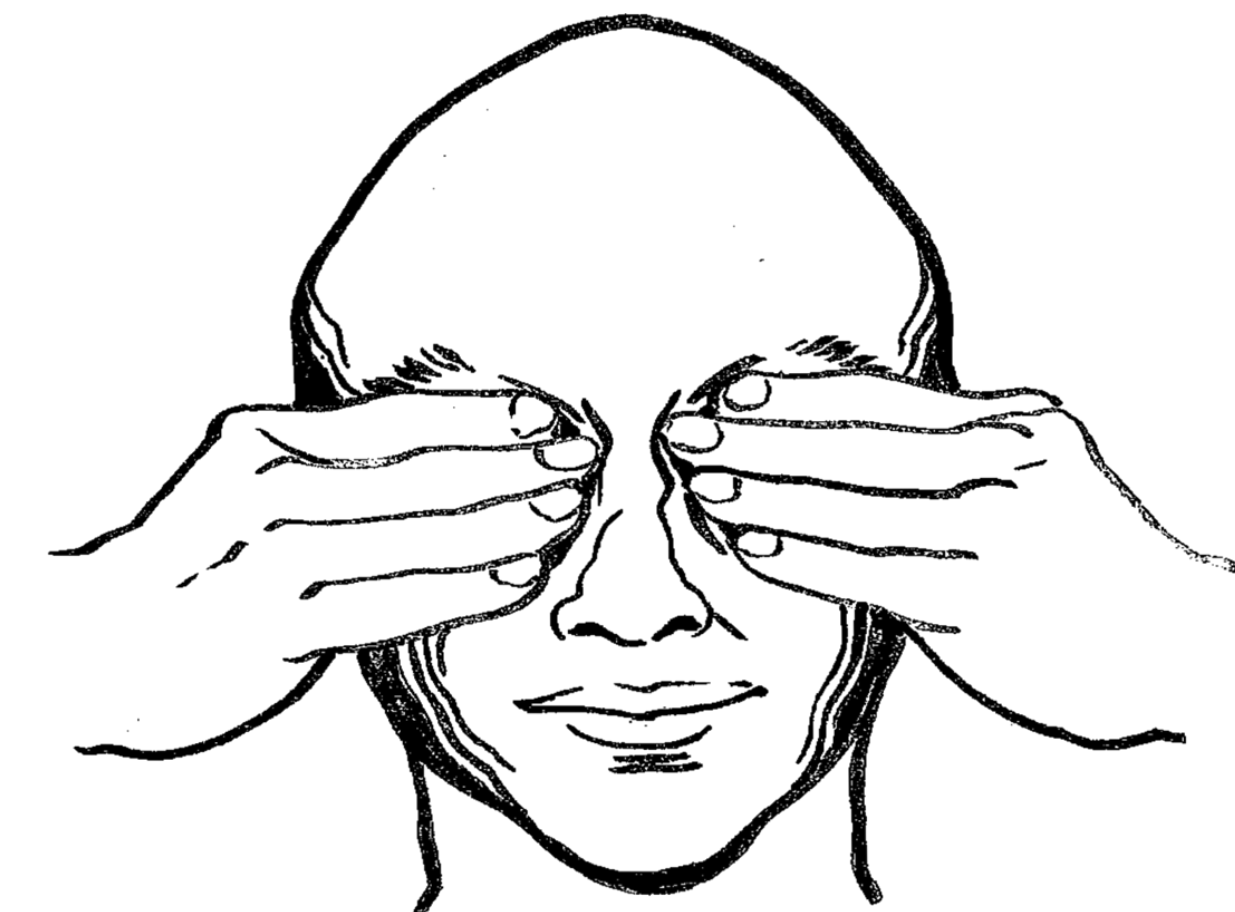
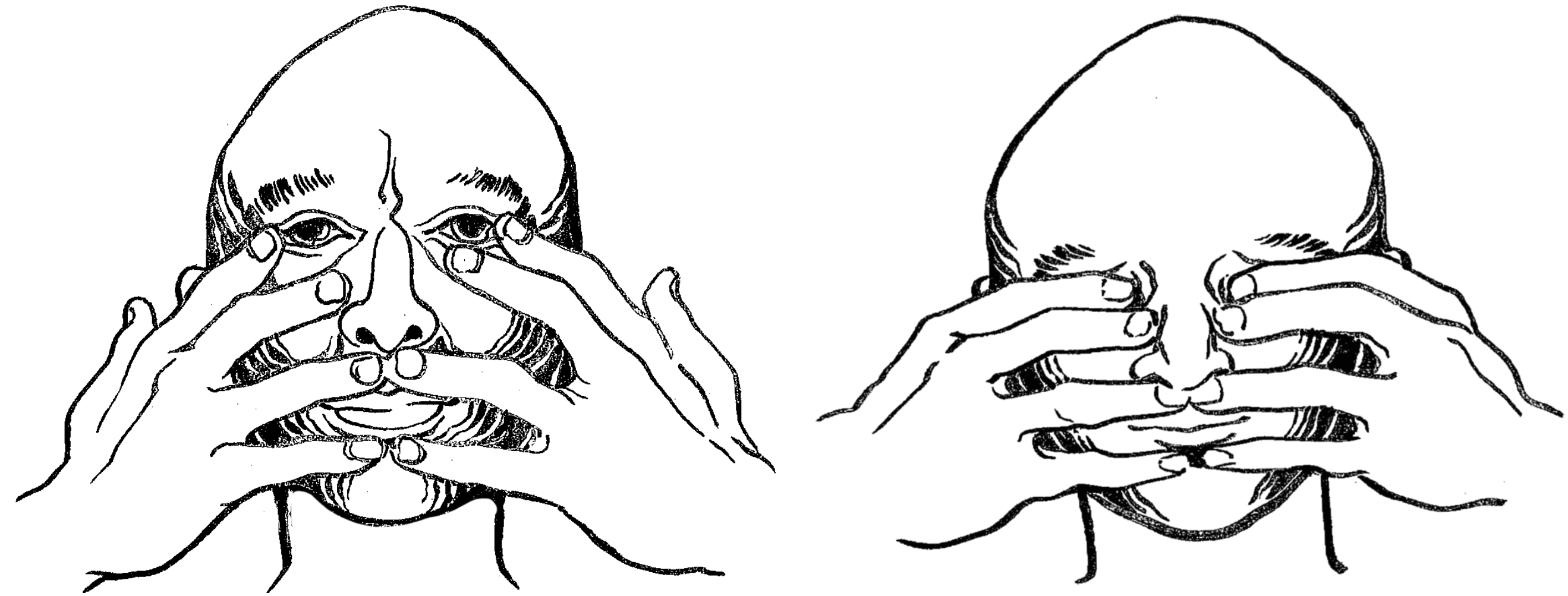
Standing Urdhva Hastasana lifting on your toes

1. Stand with your legs together
2. Interlace your fingers, exhale push the arms straight down
3. Inhale and draw your arms up next to your ears, reaching the palms towards the sky
4. Breathe in this position one or two times
5. On your next inhalation, try rising up on your toes
6. Fix your eyes on one point for balance
7. After 3-6 breaths, lower your heels and your arms slowly to the floor at the same time



Shanmukhi Mudra

1. Pinky fingers under your bottom lip
2. Ring fingers touch above your upper lip
3. Middle fingers rest on the hard cartilage of the nose
4. Index fingers hold the eyelids closed
5. Thumbs press the flaps of the ear, the tragi, closed
6. Alternatively the thumbs can go inside the ears
7. Keep the spine straight, the head in line with the shoulders
8. Keep the elbows lifted shoulder height
9. This mudra can be used for Bhramari pranayama and also as a pratyahara practice



Alternative finger placement

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ sarve bhavantu sukhinaḥ
sarve santu nirāmayāḥ
sarve bhadrāṇi paśyantu
mā kaścid duḥkha bhāgbhavet
oṃ śāntiḥ śāntiḥ śāntiḥ

May all be happy, may all be free from disease, may all see goodness,
may none suffer from sorrow.

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥ हरिः ॐ तत्सत् ॥

asato mā sadgamaya
tamasomā jyotir gamaya
mrityormāamritam gamaya
Om śhānti śhānti śhāntiḥ harih om tat sat

Lead me from changing existence to unchanging being,
lead me from the darkness of tamas to the light of knowledge,
lead me from death to immortality. Harih om that is truth.