

PRANAYAMA INTENSIVE 2024 PRACTICES/EFFECTS IN BRIEF.

3 rounds of kapalabhati

1. Removes excess phlegm
2. Balances three doshas
3. Improves cognitive skills
4. Increases gamma waves, associated with calm, introverted states

3 rounds of vahnisar dhauti

1. Increases digestive fire
2. Is said to tone spleen, pancreas, liver, and gallbladder by encouraging blood circulation to those organs
3. Energizes peristalsis
4. Is a form of agnisara

3 rounds of uddiyana kriya

1. Stimulates the digestive fire
2. Stimulates peristalsis
3. Massages intestines and internal organs
4. Increases elasticity of the diaphragm
5. Tones coccygeal and solar plexus nerves
6. Helps to unite prana and apana vayu
7. Helps to direct kundalini shakti into sushumna

1 round of ashvini mudra

1. Tones the muscles of the anal sphincter
2. Stimulates nerves of the anal sphincter which communicate with higher order nerve structures
3. Prepares for mulabandha
4. Mulabandha stimulates prana and apana to unite
5. Gives strength and vigour

3 rounds of jalandhara bandha

1. Energizes and tones the structures of the throat
2. Baroreceptors, vagus nerve, vocal cords, carotid artery
3. Prevents nectar of the moon from flowing into the gastric fire, preserving prana
4. Wards off illnesses of the throat
5. Binds prana in the 16 adharas (marmasthanas)

Uddiya, mula, and jalandhara bandhas

All are associated with restoring youth and warding off premature aging.

Practices from Sukshma Vyayama (Subtle movements)

Bhastrika - 4 focus places

1. Strong short inhales and exhales through both nostrils while focussing on 4 places.
2. In each place do 10 pumps (later can increase slowly)
3. Inhale through the right nostril to activate sympathetic NS
4. Retain for as long as comfortable with Mula and Jalandhara bandha
5. Exhale through the left nostril to activate parasympathetic NS
6. Between each practice do 2 minute resonance breathing at 5:7 for balance and calming

1. Uccarana sthala tatha vishuddha cakra shuddhi

1. Focus on the Vishuddha Chakra to develop communication
2. Purifies the pharynx

2. Buddhi tatha dhrti shakti vikasaka

1. Focus on the center back of the skull to develop mind and increase will power
2. Slow down flow of blood to brain to increase oxygenation of the tissues

3. Smarana shakti vikasaka

1. Focus on the top of the skull (brahmarandra) to increase memory

4. Medha shakti vikasaka

1. Focus on the base of the skull to increase intuitive intelligence
2. Slow down flow of blood to brain to increase oxygenation of the tissues

Kapola shakti vardhaka

1. Rejuvenating the cheeks.
2. Inhaling through the mouth with **Kaki mudra**
3. Oxygenate and freshen the oral cavity
4. Strengthen cheeks and brings oxygen to cheeks, gums and teeth
5. Using **Jalandhara bandha** while retaining stimulates endocrine glands

Karna shakti vardhaka

1. Improves hearing
2. Inhaling through the mouth with **Kaki mudra**
3. Closing the senses with **Shanmukhi mudra**
4. Rejuvenates the senses of seeing, hearing, smelling, tasting
5. Same effects as Kapola shakti vardhaka

Extra practice

Improving breath retention capacity and disrupting homeostasis

1. Helps lower sensitivity to carbon dioxide build up in the blood
2. Helps lower the number of breaths per minute
3. Activates parasympathetic NS
4. Helps the body to adapt to stressors
5. Helps to focus on bodily activity instead of wandering mind