

# Three Pranayam Breathing Techniques

## Practice one - Slow conscious breathing 10 count

- Find yourself in a comfortable seated position, spine erect, either cross-legged or seated in a chair with feet on the floor.
- Allow your eyes to close.
- Imagine the air you are breathing in is infused with Pink and Gold energy (pink representing divine love and golden divine vitality)
- Connecting with the bottom of your spine, breathe deeply into the base of the spine, breathing in six counts
- Hold the breath 16 counts and allow the fullness of the breath to supply a rich supply of oxygenated blood to the entire body
- As you breathe out 8 counts, breathe out any negativity or darkness.
- Continue nine additional rounds
- Completion Breathe, sit and feel the shifts that have taken place during your pranayam practice...feel the new you refreshed and revitalized.
- Ta tas tuo ~ So Be it!

## Practice Two - Alternate Nostril Breathing

- Find yourself in a comfortable seated position, spine erect, either cross-legged or seated in a chair with feet on the floor.
- Allow your eyes to close.
- Imagine the air you are breathing in is infused with Pink and Gold energy (pink representing divine love and golden divine vitality)
- With right hand up to your nose, press the right thumb against the right nostril.
- Bend in toward palm the index and middle finger
- Place ring finger and pinkie against the left nostril
- Began by pressing the thumb against the right nostril and breathing in 4 counts through left nostril
- Close both nostrils hold the breath deep in the lungs for 16 counts
- Exhale through the right nostril 8 count
- Breathe in through the right nostril 4 count holding the left nostril closed
- Close both nostrils holding in breath 16 count providing oxygen to flow through the body
- Release the left Nostril and Breathe out for 8 counts
- Repeat practice for an additional 9 cycles.
- Completion Breathe, sit and feel the shifts that have taken place during your pranayam practice...feel the new you refreshed and revitalized you, Right and Left Brain now beautifully balanced.
- Om Shanti, Shanti, Shanti ~ Om Peace, Peace, Peace

## Practice Three - Kabbalah Breathing

## Three Pranayam Breathing Techniques

- Find yourself in a comfortable seated position, spine erect, either cross-legged or seated in a chair with feet on the floor.
- Allow your eyes to close.
- Imagine the air you are breathing in is infused with Pink and Gold energy (pink representing divine love and golden divine vitality)
- Taking a deep cleansing breath in through the nose out through the mouth, hold and release
- Breathing in short bursts pumping the navel
- Rapidly breathing in out
- With each exhale physically pump the belly in with the muscles in the abdomen
- The responding inhale relaxes the belly out
- 60 consecutive breaths pumping the navel
- As you round each breathe cycle focus on the seed syllables  
Sat Nam ~ truth is my name
- Completion Breathe hold for 60 seconds. While your body is bathed with a rich supply of oxygenated blood feel the shifts that have taken place during your pranic practice
- Repeat this process for 2 additional cycles
- Namaste ~ The god in me honors the god in you.