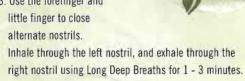
Basic Breath Series



I. Sit in Easy Pose. Make an antenna of the right-hand fingers and block the right nostril with the thumb. Begin Long Deep Breathing through the left nostril for 3 minutes. Then inhale, hold for 10 seconds, and exhale.

- 2. Repeat exercise 1, but use the left hand and breathe through the right nostril. Continue for 3 minutes. Then inhale, hold for 10 seconds, and relax.
- 3. Use the forefinger and little finger to close alternate nostrils. Inhale through the left nostril, and exhale through the right nostril using Long Deep Breaths for 1 - 3 minutes.



- 4. Repeat exercise 3, except inhale through the right nostril and exhale through the left nostril for 1 - 3 minutes.
- 5. Sit in Easy Pose with hands in Gyan Mudra. Begin Breath of Fire. Totally center yourself at the brow point. Continue with a regular powerful breath for 3 - 7 minutes. Then inhale and hold, circulating the energy. (Breath of Fire is continuous rapid nostril breathing, 2 to 3 breaths per second, while thrusting the navel point in on the exhale and out on the inhale.)
- 6. Relax or meditate for 5 minutes.
- 7. Chant long Sat Nam for 3 5 minutes, i.e. Sa -a -a -a -a -a -at Nam, Sa -a -a -a -a -a -at Nam.

Comments:

This set opens the pranic channels and balances the breath in the two sides of your body. It is often practiced before a more strenuous, physical kriya. It is great to do by itself whenever you need a quick lift and a clear mind.