

Vyana Vayu - Practice for Circulation
Kathy Ornish, 2007

During the practice, bring an awareness to the subtle changes of mind and body with the different hand position as well as during the right and left brain challenges.

Location: All over the body and the heart

Function: Circulation both mind and body; Right and left integration

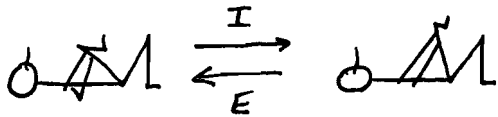
Movement: Circular



Increase inhale and exhale

Imagine vitality moving into the body on inhale and fatigue and tension moving out on exhale

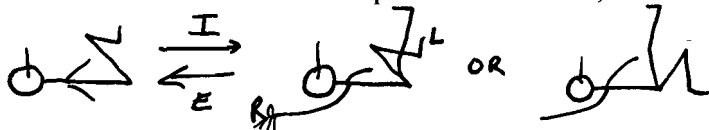
2. Eka Pada Apanasana - Repeat 4X on each side



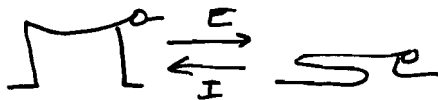
3. Dvi Pada Pitham - Repeat the following 1X on each side, alternating sides (total of 8X). Touch the first fingertip to the tip of the thumb, then the second finger to the thumb, then the third finger to the thumb, then the fourth finger to the thumb doing one time on each side, alternating sides.




4. Urdhva Prasarita Padasana - Repeat 1X on each side, alternating sides (total of 8X) as done in #3

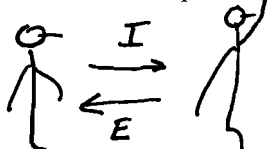


5. Chakravakasana - Gently press both first, then second, then third and then fourth fingers into the ground 1X each for a total of 4X.

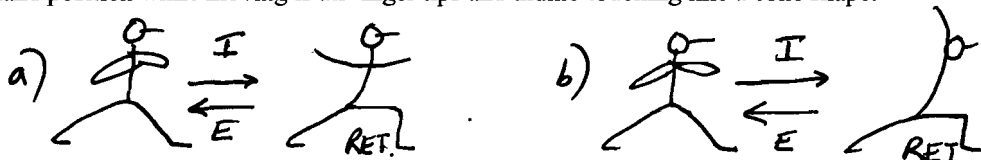


6.  Simultaneously on both hands while facing up, gently rub the thumb down each finger and over the tip and then flick the tip

7. Tadasana - Repeat as in #3 and 4



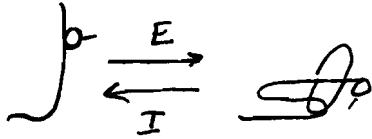
8. Virabhadrasana - a) Repeat 3X b) Repeat 3X with 2 second retention
 Hand position while moving is all finger tips and thumb touching like a cone shape.



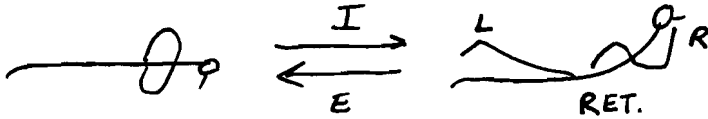
9. Uttanasana - Repeat 3X; Stay 3 breaths. During the stay, lift toes gently on inhale and press into the floor on exhale.



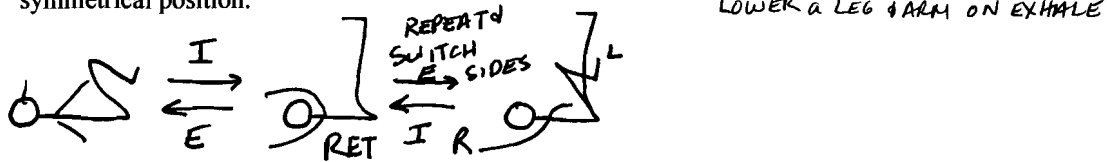
10. Vajrasana - Repeat 4-6X with finger movement.
 Exhale and close hand from pinky to thumb into gentle fist
 Inhale and open hand from thumb to pinky



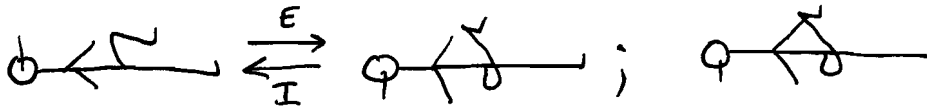
11. Salabhasana - Repeat 4X on each side, alternating sides. Retain breath for 2 seconds



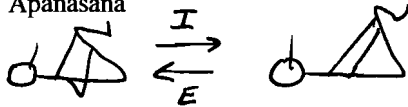
12. Urdhva Prasarita Padasana - Repeat 2X on each side, alternating sides. Retain for 2-4 seconds in symmetrical position.



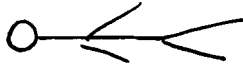
13. Jathara Parivrtti - Repeat 3X; Stay 3 breaths



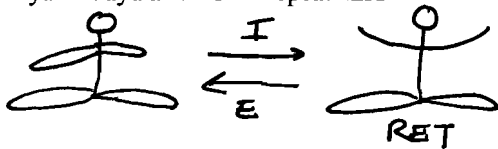
14. Apanasana



15. Savasana - connect with the breath. Imagine again vitality moving in on inhale and fatigue and tension moving in on exhale. Feel circulation in the body and mind.



16. Vyana Vayu Breath - Repeat 12X



Inhale - open arms wide from the heart

Retain - Imagine prana moving from the heart out the hands and into the world

Exhale - as you bring your hands back to the heart, imagine bringing/receiving the prana back into the heart and body.

17. So Ham Meditation

Relax in your seat and bring your attention to the effortless breath

Notice the cool touch of breath on the nostrils on inhale and the warm touch on exhale.

Imagine the breath moving from the tip of the nostrils to the third eye and back on inhale and exhale.

Internally begin to chant/hear "so" as the breath moves in and "ham" as the breath moves out.

Begin to notice the quiet place within where it seems you are watching yourself - your witness consciousness. Allow yourself to rest and connect with that place.