

**Prana Vayu – Practice for Inhalation**  
**Kathy Ornish, 2007**

Do not do this practice if you have untreated high blood pressure. Keep your retentions at a comfortable length. Keep the length of inhale **equal to or shorter** than the length of exhale. Modify breath and poses to your ability. This is a good practice for morning or afternoon.

Location: Brain and head

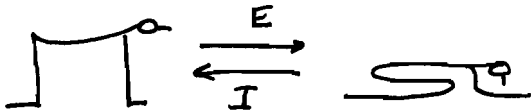
Function: Inhalation and the movement of the mind

Movement: In and down

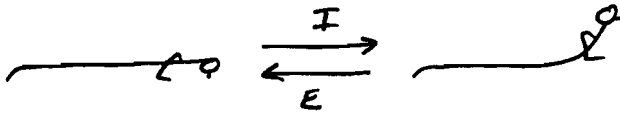


12-24 breaths, increasing inhale and exhale.  
 Notice the effects, both mechanically and subtly, of the inhale.  
 Feel the in and downward movement of inhale.  
 Add a short pause on inhale.

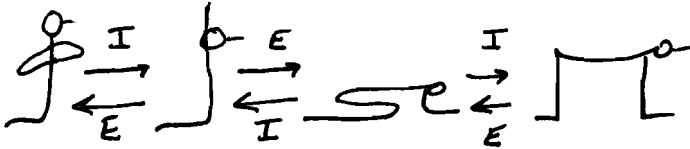
2. Chakravakasana - Repeat 6X, increasing inhale.



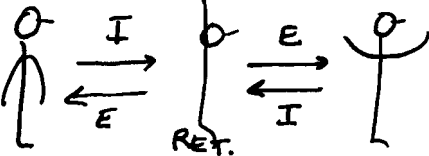
3. Bhujangasana - Repeat 6X



4. Vajrasana/Chakravakasana - Repeat 4-6X increasing inhale by 2 seconds with each repetition.



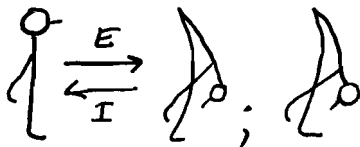
5. Tadasana - Repeat 2X; Repeat 2X with a 2 sec. retention; Repeat 2X with a 4 sec. retention -  
 RETAIN ON SECOND INHALE



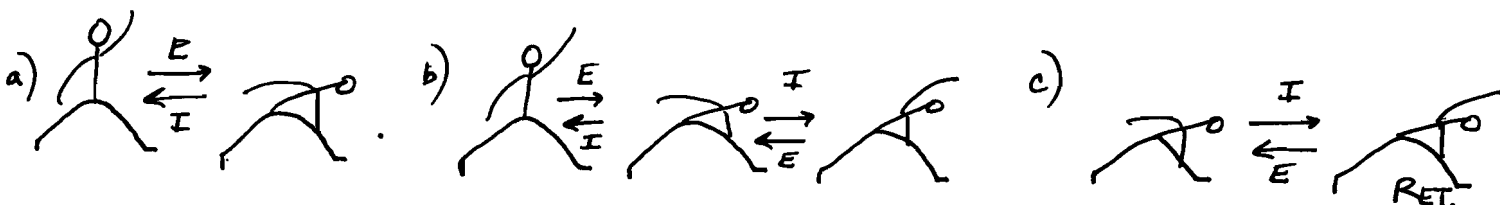
6. Virabhadrasana - Repeat 4X increasing inhale by 2 sec with each rep; Repeat 2X with a 4 sec retention.



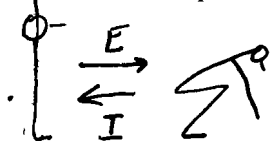
7. Uttanasana - Repeat 4X; Stay 2-4 breaths



8. Utthita Trikonasana -  
 a) Repeat 2X b) Repeat 2X and move arm increasing inhale c) Repeat 2X with 2 sec. retention



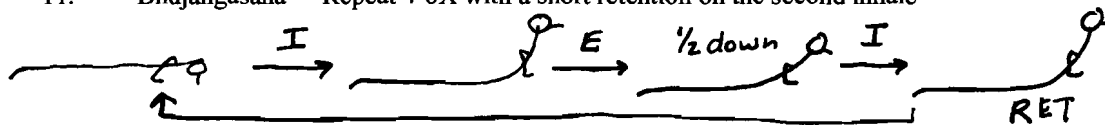
9. Utkatasana - Repeat 6X



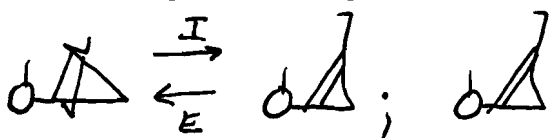
10. Eka Pada Ustrasana variation - Repeat 4X ; Stay for 2-4 breaths with 2-4 sec retention



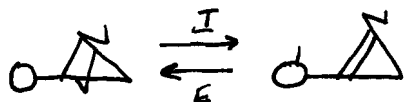
11. Bhujangasana - Repeat 4-6X with a short retention on the second inhale



12. Prasarita Padanghustasana - Repeat 4X; Stay 2 breaths for 2X EX



13. Apanasana - Repeat until comfortable



14. Savasana



15. Prana Vayu Breath - Repeat 6-12X

As you inhale, imagine prana moving into the body as white light. Imagine it moving in through 7 gates – eyes, ears, nose and mouth – and it gathers into a ball of white light in the middle of the brain. Retain the breath and see the white ball becoming brighter and brighter. As you exhale, imagine that white light moving from the ball and spreading through the whole body.

Prana Vayu Meditation (you can continue right into this)

Visualize the body and brain bathed in the white light, every space is filled with this light. Feel a sense of replenishment and vitality.