

Daily Practice How-To

1. At least 10 minutes of Sun Salutations and stretching
2. Three-Stage Breathing (Pranayama)



- Use ujjayi breath (ocean breath, back of the throat)
- Do 8–10 rounds each
- Rest after each stage with hands in your lap, palms facing up
- Ratio: in 4, hold 4, out 6, hold 2

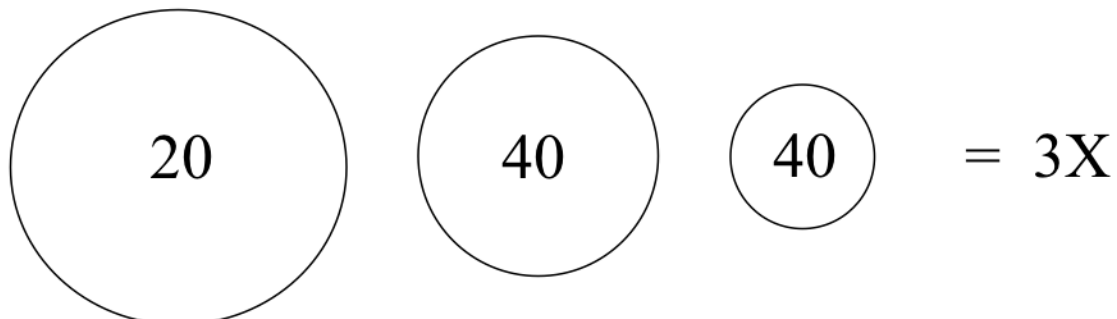
2. Bhastrika (Bellows breath)



- Use natural breath (not ujjayi; with slight thrust in/out breath)
- 3 rounds of 15–20 each
- Rest after every round with hands in your lap, palms facing up

3. OM (3X) out loud

4. Sudarshan "Kriya"



- Natural breath
- Once a day, every day
- About 10 minutes, end with a few large circles
- Rest a minimum of 5-10 minutes afterwards
- *Give preference to the breath