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The Pranayamas

- *Ujjayi*—emphasis on inhale (*brahmana*), exhale (*langhana*) or balanced (*samana*)
- 4-Part Supine Complete Breath
- Inhale—*Nadi Shodhana* (Alternate Nostril breathing), Exhale — *Ujjayi*
- *Nadi Shodhana* (Inhale Alternate Nostril Breathing)
- *Viloma* (3-part breath with brief pauses, on either exhale or inhale or both)
- *Bhramari* ("bumble bee breath")
- *Maha Mudra*

The Meditations

- Meditation on the Breath ("So," on inhale, "Hum," on exhale)
- 3rd Eye Kriya
- *Nishta Dharana*
- Light in the Heart, Clear Blue Sky
- *Pran Vayu Kriya*
- 5 Steps to *Mantra*
- 3-Part OM Kriya
- Heart Kriya