



Names of the pranayamas:

Kapalabhati: skull/forehead/brain cleansing breath.

Bhastrika: bellow's breath.

Nadi Shodhanam: energy channel purification breath.

Ujjai pranayama: victorious/psychic breath.

Sheetali pranayama: cooling breath.

Sheetkari pranayama: hissing breath.

Kaki pranayama: crow's beak breath.

Bhramari: humming bee breath.

Surya bhedana: vitality stimulating breath.

Chandra bhedana: moon-piercing/stimulating pranayama.

Viloma pranayama: reverse breath.

Sahita kumbhaka pranayama: the first pranayama according to Gheranda Samhita.

Udgeeth/pranav pranayama: universal energy breath.

Bahya pranayama: expelling breath.

Sama vritti & Visama vritti.

Names of the kriyas:

Agnisara: digestive fire activating kriya.

Nauli: abdominal rotating kriya.

Names of the bandhas:

Jalandhar bandha: chin lock.

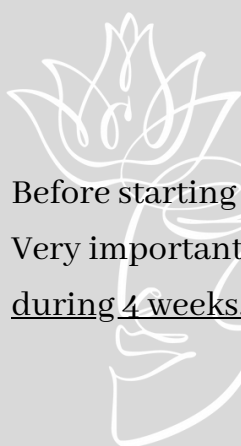
Uddiyana bandha: abdominal lock.

Moola bandha: root lock.

Maha bandha: great lock.

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Before starting the courses, you can read the article about the purification.
Very important for a good practice! And here the article for healthy tips
during 4 weeks.

HEALING THROUGH BREATH



Names of the principal mudras:

Nasagra/nasikagra mudra or Vishnu mudra: nose tip position.

Adi mudra: primal or the first mudra.

Hakini mudra: mudra of mind.

Varuna mudra: mudra of water.

Gyan mudra: mudra of knowledge.

Chin mudra: mudra of consciousness.

Vayu mudra: mudra of controlling the air.

Yoni mudra: mudra of source.

Surya/agni mudra: mudra of sun/fire.

Maha mudra: great psychic attitude.

Dhyana mudra: mudra of meditation.

Prana mudra: vital air gesture.

Namaskar/namaste mudra: mudra of the prayer/salutation.

Prithvi mudra: gesture of heart element.

Ashwini mudra: horse gesture.

Shanmukhi mudra: gesture of closing the 6 gates (for bhramari).

Shambhavi mudra: gesture of eyebrows center gazing.

Khechari mudra: gesture of the tongue lock.

Kaki mudra: crow's beak gesture.

Some words meanings:

Puraka: control inhalation with full awareness.

Rechaka: control exhalation with full awareness.

Kumbhaka: retention of the breath.

Antar kumbhaka: internal breath retention.

Bahir kumbhaka: external breath retention.

Annamaya kosha: physical body.

Pranamaya kosha: pranic body.

Manomaya kosha: body of mental experiences.

Vigyanmaya kosha: body of consciousness.

Anandamaya kosha: bliss body or body of spiritual experiences.

Kaya: physical body.

Mana/mano: mind.

Shira/shiro: head.

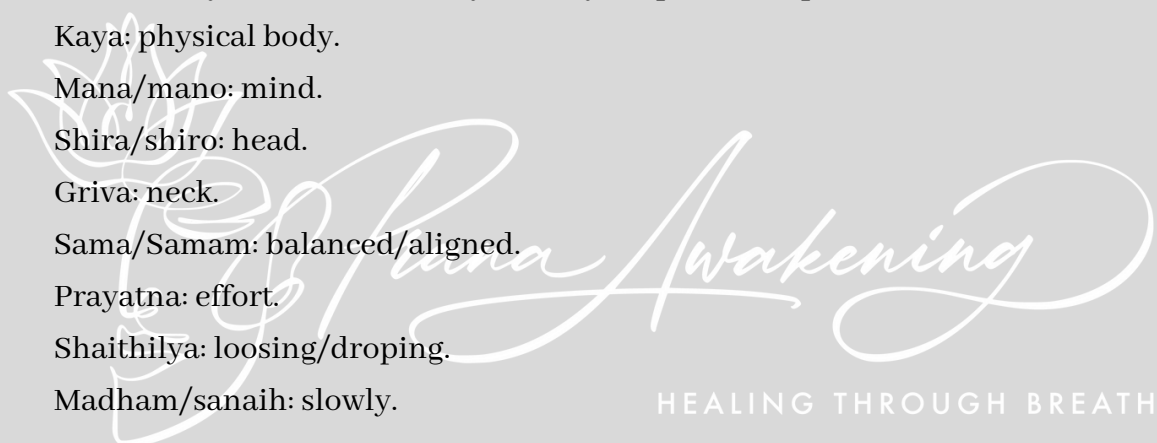
Griva: neck.

Sama/Samam: balanced/aligned.

Prayatna: effort.

Shaithilya: loosening/dropping.

Madham/sanaih: slowly.



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Necessary Sutras we use during the class:

Sthira sukham asanam (2/46 Patanjali Yoga Sutra): asana is perfect firmness of body, steadiness if intelligence and benevolence of spirit.

Prayatna saithilya Ananta samapattibhyam (2/47 Patanjali Yoga Sutra): Perfection in an asana is achieved when the effort to perform it becomes effortless and the infinite being within is reached.

Fruit of asana:

Tatah dvandvah anabhighatah (2/48 Patanjali Yoga Sutra): From then on, the sadhaka is undisturbed by dualities.

Definition of pranayama:

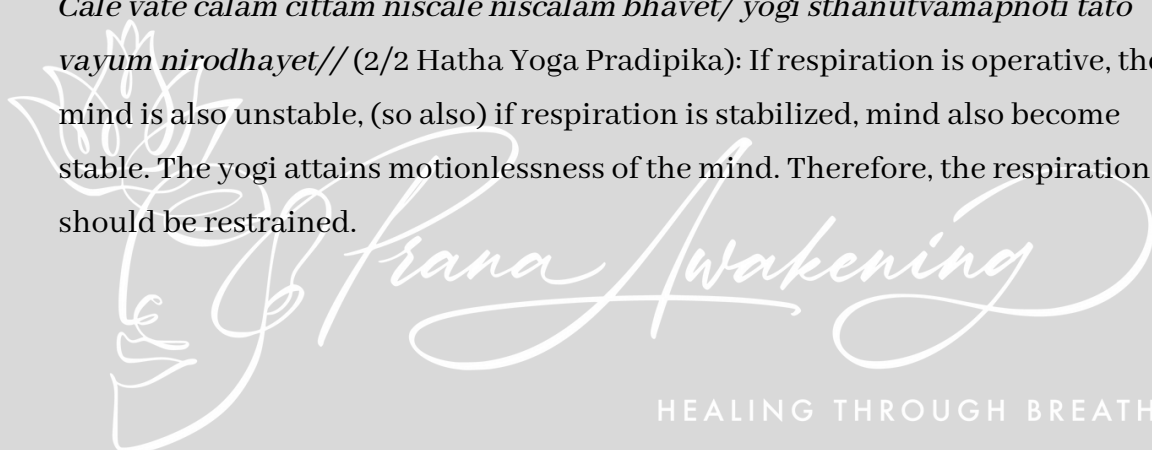
Tasmin satisvasa prasvasayoh gativicchedah pranayamah (2/49 Patanjali Yoga Sutra): pranayama is the regulation of the incoming and outgoing flow of breath with retention. It is to be practiced only after perfection in asana is attained.

Fruit of pranayama:

Tatah ksiyate prakasa avaranam (2/52 Patanjali Yoga Sutra): pranayama removes the veil covering the light of knowledge and heralds the dawn of wisdom. Its practice destroys illusion, consisting of ignorance, desire and desilusion which obscure the intelligence; and allows the inner light of wisdom to shine. As the breeze disperses the clouds that cover the sun, pranayama wafts away the clouds that hide the light of the intelligence.

Dharanasu ca योग्यता मनसाह (2/53 Patanjali Yoga Sutra): The mind also becomes fit for concentration. Pranayama is not only an instrument to steady the mind, but also the gateway to concentration, dharana.

Cale vate calam cittam niscala niscalam bhavet/ yogi sthanutvamapnoti tato vayum nirodhayet// (2/2 Hatha Yoga Pradipika): If respiration is operative, the mind is also unstable, (so also) if respiration is stabilized, mind also become stable. The yogi attains motionlessness of the mind. Therefore, the respiration should be restrained.



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