

Rising Sun Yoga



Kundalini Yoga

"Make an attitude to be in gratitude, you will find the whole Universe will come to you."

Yogi Bhajan

Pranayam

Of all the positive changes a person can make, learning to breathe deeply and completely, is one of the most effective for developing higher consciousness, for increasing health, vitality and connectedness in one's life.

Three principles to remember about breathing:

1. Your rate of breathing and your state of mind are inseparable.
2. The slower your rate of breathing, the more control you have over your mind.
3. The mind follows the breath and the body follows the mind.

Try the Pranayam Energizer Series.

This can be done on a daily basis as an effective warm-up. Begin each exercise for 1-2 minutes and gradually increase.

Breath of Fire:

Sit in easy pose, with the hands in Gyan Mudra (thumb and index finger touch), resting on the knees with the elbows straight. Begin Breath of Fire for 1 minute or more. Then inhale deeply and hold the breath for 10 seconds or so. Exhale and relax.

Long Deep Breathing:

In the same pose, breathe in long, complete, yogic breaths.



Breathe deeper than normal so that the entire rib cage is used and lifts several inches on the inhale. Exhale so you pull the navel in. Consciously follow each part of the breath. Inhale and hold for 10 seconds, Exhale and relax.

Pucker the lips

and immediately inhale deeply through them. Exhale through the nose. To end, inhale, hold briefly, exhale.

Breath of Fire:

Repeat Exercise 1. Make the breath powerful! Focus at the brow point.



Breath Awareness:

Meditate on the flow of breath as you relax and it settles into a normal rhythm. Feel the subtle pathways of the breath throughout the body.

Sat Nam,
Mary