

The 7 Main Pranayams

Ideally, the pranayams should be done in a single sitting, preferably in the morning between the hours of 04:00AM and 07:00AM with fresh air circulating all around and the room generally well ventilated:

1. Bhastrika Pranayam

Purpose: to increase the vital energy or vital capacity of the lungs and to thereby generate more energised oxygenated blood in the circulatory system. Many other benefits.

Duration: Minimum: 5 minutes Maximum: 10 minutes

2. Kapala-bhati Pranayam

Purpose: The Elixir Pranayam that literally throws out the toxins/abnormalities in the body. Many other benefits.

Duration: Minimum: 15 minutes Maximum: 20 minutes

3. Bahiya Pranayam (with Tri-Bandha or Three-Locks) OR **Agni Saar** (if you can not or should not do Bahiya. Agni Saar or 'Fire of the Stomach' as it is otherwise known is a Kriya ie. an exercise, & not a Pranayam but acts as the best substitute to Bahiya Pranayam).

Purpose: It helps correct indigestion and constipation problems and gives control over your hunger and thirst. Many other benefits.

Duration: Can Do anywhere from 3 to 21 times. Typically minimum 3-5 times.

4. Anulom-Vilom Pranayam (Natural & Reverse Respiration)

Purpose: Re-vitalises the entire immune system and the eight chakras (endocrine system). Many other benefits.

Duration: Minimum: 15 minutes Maximum: 20 minutes

5. Bhramari Pranayam (Bumble Bee Pranayam)

Purpose: Relaxes the mind, makes you stress and tension free. Many other benefits.

Duration: 11-21 times. About 3-5 minutes or as per your capacity.

6. Udhgeeth Pranayam (Omkar Japa - muttering the mantra AUM/OM)

Purpose: Helps you to relax and brings the chakras (energy centres where the main glands of the endocrine system are) into alignment. Many other benefits.

Duration: Minimum 3 times. No maximum, but ideally 5-10 minutes of chanting.

7. Pranav Pranayam (Meditating on AUM/OM or on your God/Primary Deity/Guru)

Purpose: Spiritual development and to widen your perspective so that you begin to realise the One In All and the All In One - the constant universal vibration AUM/OM, which is found in every single minutest atom.

Duration: From 1 minute up to 1 hour as per your available time. No maximum as this is meditation (either contemplate on a Form - Rupam Dyanam - or on the Sound of OM / the Formless Supreme Energy).

All these exercises should be done in accordance with the **Rules of Yog**.

If you suffer from a serious disorder or condition then the dosage/duration of the pranayam could be increased or decreased. Please consult a professional practitioner before you do so.

With all Pranayams, you must not continue if you feel discomfort or unease.

You must always sit in a comfortable posture even if that means leaning against something or sitting on a chair or sofa.

You must increase the timings gradually beginning with a minute, then a couple, then a few minutes and so on until you get to the maximum duration which should preferably be continuous if you are able to manage it. If not, the minimum time per Pranayam should be in 5 minute blocks with a short break of a minute or so in between.

You should try to keep your eyes closed throughout all Pranayams in order to aid concentration and in order to retain the energy you generate within.

YOU SHOULD NOT PRACTICE PRANAYAMS WITHOUT FIRST OBTAINING PROPER GUIDANCE AND TRAINING. INITIALLY IT IS IMPORTANT FOR YOURSELF TO BE OBSERVED AND MONITORED OVER SEVERAL SESSIONS (can be several months) BY A PROFESSIONAL PRACTITIONER OF YOG. IT IS YOUR OWN RESPONSIBILITY TO ENSURE THAT YOU OBTAIN THIS GUIDANCE OVER A REASONABLE PERIOD OF TIME.