



## **Pranayama Practice Sheet – General/Improvers Yoga Groups**

N.B. This sheet is intended to support students who attend my classes. Instructions are given during class. Pranayama must be practiced under the guidance of a qualified yoga teacher as some techniques may be contra-indicated for certain health conditions.

### **Invitation**

Please consider this sheet as an invitation to experience a whole new level of yoga benefits by developing a small daily practice. Your choice is to try each pranayama technique once during your weekly class or keep the sheet somewhere prominent and practice for a few minutes everyday, following the schedule below.

### **Pranayama**

The Sanskrit word 'pranayama' can be translated as 'pra' – before, 'ana' – breath, (i.e. before breath, meaning the source, divine or life force – depending on your beliefs) and 'ayama' – controlling/lengthening/expanding. Therefore the word pranayama could be translated as the practice of increasing life force energy. This is done through the practice of breathing exercises which eventually involve some form of breath retention.

### **Week 1**

- Visualise breath flowing in and out of abdomen whilst counting with a ratio of 1:0:1:0 x 12
- Visualise breath flowing in and out of side ribs whilst counting with a ratio of 1:0:1:0 x 12

### **Week 2**

- Visualise breath flowing in and out of abdomen whilst counting with a ratio of 1:0:2:0 x 12
- Visualise breath flowing in and out of side ribs whilst counting with a ratio of 1:0:2:0 x 12

### **Week 3**

- Ujjayi breathing whilst counting with a ratio of 1:0:2:0 x 24

### **Week 4**

- Nadi Sodhana whilst counting with a ratio of 1:0:2:0 x 24

## Week 5

- Surya Bhedana (in right out left) with ratio of 1:0:2:0 x 24

## Week 6

- Chandra Bhedana (in left out right) with ratio of 1:0:2:0 x 24

## HALF TERM

## Week 7

- Anuloma (in both, out right, in both, out left) with ratio 1:0:2:0 x 12
- Ujjayi breathing with ratio 1:0:2:0 x 12

## Week 8

- Pratiloma (in right, out both, in left, out both) with ratio 1:0:2:0 x 12
- Ujjayi breathing with ratio 1:0:2:0 x 12

## Week 9

- Viloma Ujjayi (inhale in several stages, exhale as usual) with ratio 1:0:2:0 x 12
- Ujjayi with ratio 1:0:2:0 x 12

## Week 10

- Viloma Anuloma (inhale in several stages through both, exhale right, inhale as before, exhale left) with ratio 1:0:2:0 x 12
- Ujjayi breathing with ratio 1:0:2:0 x 12

## Week 11

- Brahmari (humming breath on both inhale and exhale) with ratio 1:0:1:0 x 24

## Week 12

- Sitali Breathing (through rolled tongue) with ratio 1:0:2:0 x 24

Disclaimer: this sheet is intended for information purposes only and is a hand-out to support students attending yoga classes with Justine Aldersey-Williams. Please consult your medical practitioner before beginning any new regime.

*blak samastha sukhiyo bhavanti blak samastha sukhiyo bhavanti blak samastha sukhiyo bhavanti*