

Due to the pandemic a couple of forthcoming programs in New Delhi and Vancouver, Canada have been cancelled. And there is considerable uncertainty about my forthcoming programs this year.

I am pasting below a few of my posts in face book in last few days

1. I do not have data to prove anything but do believe that yogabhyasis may include some pranayama in daily yoga practice. It may be done immediately after the asana practice. Kapalabhati and nadishodhana will help keep the upper respiratory tract in good condition. Ujjayi breathing is useful to keep the trachea and bronchial area in good humour and bhastrika and antah kumbhaka for between 5 to 10 seconds should help the lungs--minimally it will show that the lungs are still functional. About 10 rounds of pranayama twice a day will be good. One should practice pranayama alone in a secluded place (ekantha) without pets including human pets around. Observe niyamas like soucha (cleanliness) as the health experts advise.

2. As we get older maintaining good health of the breathing

apparatus is important. As we get older, the accessory muscles of breathing become more stiff, the intercostal muscles, the diaphragm and also the air sacs in the lungs become less elastic. As we get older respiratory problems arise commonly. Yogis who do a lot of asanas and maintain health of the skeletal muscles need to pay attention to the entire respiratory system also. Asanas and vinyasas for the accessory muscles of breathing and a good pranayama regimen on a regular basis will help to maintain the health and capacity of the lungs. It used to be treat to watch Sri Krishnamacharya's breathing routine even in his eighties and nineties. While inhaling the chest will expand enormously and while exhaling thoroughly followed by bahya kumbhaka and the bandhas the pelvic and abdominal muscles will contract so much that the diaphragm will go up deep into the thoracic cavity. The breathing in will produce a steady soothing sound of air flow like inflating the bladder of a soccer ball. Yogabhyasis may do well to include pranayama in the daily yoga practice.

It can be shown that pranayama with a few mudras can greatly help the health and functioning of the two vital organs in the thoracic cavity, the lungs and the hear

2. While billions of us stay home not knowing what to do, thousands of health personnel and administrators all over the world are toiling hard to contain and reduce the enormous pain this pandemic has unleashed. They should be thanked wholeheartedly. In the vedic times the belief was that while generally the gods of nature are highly tolerant, they may be angered when the creatures they support , especially the human beings violate grossly and repeatedly the laws of nature and then we see natural disasters. A small group of vedic scholars resorted to pacifying these gods by peace chants especially ghosha shanti or loud community prayer for peace. This mantra, very beautiful and soothing, is part of the ten vedic peace chants. I have a video containing chanting of all the ten peace chants which include this chorus chant. May be you would like to listen to it and maybe the gods will listen to it and be pacified.

<https://www.youtube.com/watch?v=CA6YguVYJ0c&t=16s>

3. Coronavirus outbreak. It has been termed a pandemic.

Truly it is. It has affected the lives of almost everyone. Very few have been directly affected but millions more are affected indirectly, drastically reduced savings, asset values, reduced income. Many events-- sporting entertainment travel-- have all been affected. For yogis yoga classes and events have been ruthlessly restricted or cancelled. My program scheduled even in June has been cancelled, by my thoughtful host. But the yogi is better equipped for this 'solitary confinement'. The yogabhyasi can really spend the extra time for svadhyaya or self practice. This may be the time to try to practice those difficult postures and vinyasas. Maybe more time for starting a serious practice of pranayama especially antah kumbhaka. .It will at least show you that the lungs are still free. Ah and meditation, maybe chanting

One can turn the attention to study several texts that are available to the serious yogi-- the Gita, the sutras, samkhyakarika, a few upanishads, hatayoga texts like pradipika. The time can be spent very purposefully. Go through every sutra, read and not just know the word meaning of the sutras but also caress each and every word and understand the import of each word, each sutra or sloka. Try to feel what Krishna or Patanjali may have felt when they said those precious words. The enforced idle

time can be used profitably in ekagra, and yoga flourishes in serene solitude. The yoga teacher back to work after this hiatus may be more refreshed and better informed and so a more useful teacher.

Yes, also keep washing your hands and follow the instructions of health experts. And soucha (cleanliness) is a useful yogic trait