

## Prānāyāma Example # 1

Tatāka Mudra - 12 Breaths

Śitali - 6 Cycles

Ujjāyi Anuloma - 6 Cycles, on inhalation concentrate on throat

Ujjāyi Viloma - 6 Cycles, concentration on throat.

Ujjāyi Viloma - 6 Cycles, concentration on navel.

Nādī Śodhana - 6 Cycles, concentration on navel.

Stay sitting. Concentration *on navel* ~ 2 minutes