

Prānāyāma Example # 2

Tatāka Mudra - 12 Breaths

Śīṭali - 6 Cycles

Kapāla Bhāti - 24 breaths followed by

Ujjāyi Anuloma - 6 Cycles (A.K. 3 seconds) (Antah
Kubhaka - hold inhalation in)

Kapāla Bhāti - 24 breaths followed by

Ujjāyi Viloma - 6 Cycles (B.K. 6 seconds) (Bāhya
Kumbhaka - hold exhalation out)

Nādī Śodhana - 6 Cycles (if possible, 8 Cycles)

Stay sitting. Concentration *kantha (throat)* ~ 2 minutes