

Prana Vayu Practice

Apanasana - Rest on your back with hands on your knees and feet off the floor about hip distance apart, your arms straight. Relax your back into the floor. Rest and focus on the breath.

Dynamic Apanasana (apana vayu - abdomen, out breath, elimination, excretion, reproduction). Exhale and draw the knees towards your chest and inhale push the knees away until your arms are straight. Repeat 5x

Dynamic Bridge (prana vayu - chest, in breath, respiration, heart function, holding pranic energy in the chest). Drop your feet to the floor about hip distance apart and arms by your sides. Inhale lift your hips up and raise your arms over head to the floor, exhale brings your arms back down by your side and roll your hips down to the floor. Repeat 5x.

Side Roll (samana vayu - solar plexus, middle breath, digestion, nutrient absorption, burning off toxins). Take your arms out to the sides at shoulder level and lift your knees towards your chest, exhale and drop both knees over to the right onto the floor, at the same time roll your head to the left, inhale bring the knees and head up to centre and then exhale and drop the knees to the left and the head to the right. Repeat 5x each side.

Leg lifts (vyana vayu - whole body out to the extremities, circulation, lymphatic, muscular & skeletal systems) Drop your feet to the floor again with your feet hip distance apart. Inhale and raise your arms above your head onto the floor, exhale and raise your right leg and your left arm to meet, inhale take them back to the floor and then exhale and raise the left leg and right arm to meet, inhale return to the floor. Repeat 5x each side. Then if you feel like it do double leg raises, keeping your head on the floor. Exhale raising the legs and arms and inhale returning them to the floor. Repeat 5x.

Sit with legs crossed (udana vayu - head, energy holds the head and body upright, mental energy). Sit with right hand on heart centre and left hand over the top. Inhale and fill the chest gently with breath, exhale and take the hands up past the face, inhale bring the hands back to the chest. Swap the positions of the hands each time. Repeat 5x.

Savasana - just rest and let the heart rate become steady and the breath smooth before continuing with further asana practice.

If practicing on its own, conclude with minimum of 5 minutes of savasana, preferably 20 minutes.

Resources

Saraswati Vasudevan - Practice taught during PG IYTA Adv Teacher Training on Panca Kosha & Pranayama (May 2014)