



BREATHE, BREATHE, BREATHE

PRANAYAMA IN YOGA

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PRANYAMA - MANIPULATION OF ONE'S BREATH



Fun Facts

- ▶ What Percent of the atmosphere is
- ▶ Oxygen?
- ▶ Nitrogen?
- ▶ Carbon Dioxide?
- ▶ Argon?



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- ▶ Oxygen 21%
 - ▶ Nitrogen 78%
 - ▶ Carbon Dioxide 0.39%
 - ▶ Argon Oxygen 0.93%

HOW MANY BREATHS DOES THE AVERAGE PERSON TAKE IN A 24 HOUR PERIOD?

5

Khmer Kingdom



To ponder the use of the expression: *Take a deep breath*

▶ *To pause*

▶ *Slow down*

▶ *Give space*

▶ *Cool down*

▶ *Step back*

Mechanics of Breath

Inhalation

Exhalation

Retention

either Internal or External

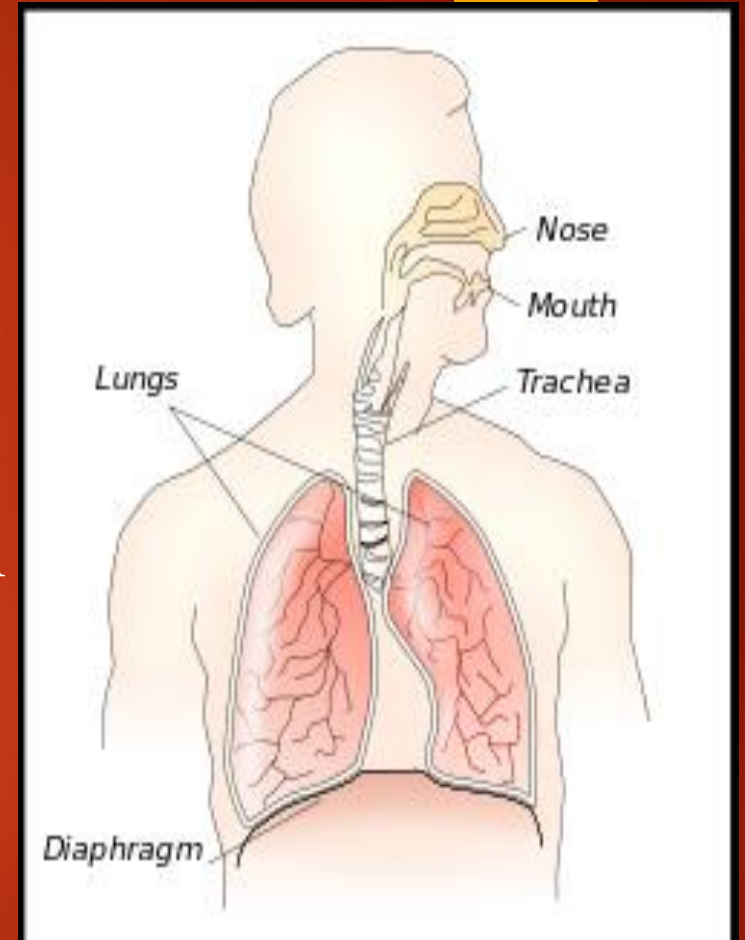
In advanced Yoga the external retention is often emphasized



Diaphragmatic Breathing

Dome like muscle

- ▶ Contracts and flattens out = Inhalation
- ▶ Relaxes/Returns to dome like shape = exhalation



Pran a yama: important pillar in Yoga

- ▶ *Pran* – Life's Vital force, Chi, Q1
- ▶ *Ayama*- Expansion
- ▶ The Expansion of Prana
- ▶ *Prana* rides on the vehicle of breath, hence commonly mis-translated to mean Breath Control

Manipulate the breath = Manipulate the mind, emotions

- ▶ Our breathing is controlled by the autonomic nervous system
- ▶ Holding one's breath leads to an unsettledness
- ▶ Ancient yogis developed many breathing techniques to increase *prana* & to satisfy

the brain's needs

Intimate Connection between Breath , Mind & Emotions

- ▶ Breath alters biochemistry of the brain
- ▶ Importance of Adenosine Triphosphate
- ▶ Decrease of ATP's production decreases vitality & immunity
- ▶ Scientists have also discovered that oxygen is critical for the production of ATP

Observe your breath under the following conditions;

- ▶ Anger
- ▶ Excitement/Anxiety
- ▶ Sadness/Depression
- ▶ Illness
- ▶ Under Stress

Triggers sympathetic nervous system: flight / fight mode

Categories of *Pranayama* & Changing *Swara*

- ▶ Cooling = Shitali/sheetkari
- ▶ Heating = Bhastrika
- ▶ Cleansing = Kapal Bhatti
- ▶ Balancing = **Anuloma Viloma**
- ▶ Calming/ Meditative = Ujjayi
- ▶ Concentration = Brahmari

Health Benefits of Pranayama

- ▶ Increase blood flow/oxygen through all organs & the brain
- ▶ Purifies and detoxifies
- ▶ Increases alertness

Recent Research suggests the decrease of;

- ▶ Depression
- ▶ OCD
- ▶ Dementia & cognitive defects

Serotonin

- ▶ Controls sleep & mood/ emotional center
- ▶ Studies show that low levels of serotonin lead to an overall insensitivity
- ▶ Sets off impulsive & aggressive behaviors
- ▶ May even lead to suicidal tendencies

Melatonin

- ▶ **Affects theta waves**
- ▶ Improves sleep quality
- ▶ Counteracts stress induced disorders
- ▶ Resets the body's aging clock

Prolactin & Oxytocin

- ▶ Recent research suggests prolactin is related to increased immunity
- ▶ Recent models suggest that release of prolactin releases fear & anxiety
- ▶
- ▶

Practice

- ▶ Rag Doll
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KEEP ON BREATHING

NAMASTE

THANK YOU

