

# Mantra & Prāṇāyāma

LEAD TRAINER

*Kathy Páez*



YOGA ALLIANCE APPROVED

MODULE 1.  
SEAT, HIP ANATOMY & FUNDAMENTALS

### **Krishna Yajur, Veda Taittiriya Upanishad**

Om sa ha nāvavatu  
sa ha nau bhunaktu  
sa ha vīryaṃ karavāvahai  
tejasvināvadhītastu  
mā vidviṣāvahai  
oṃ śāntiḥ, śāntiḥ, śāntiḥ

*"O supreme being, may we both be protected; the one who guides and the one who is guided. May we both enjoy the blessing of the scriptures. May our study be fruitful. May we understand one another. May peace reign in the three points of knowledge: the observer, the observed and the vehicle of observation. "*

### **Atharva Veda, chapter 19**

Om aṣṭāviṃśāni śivāni śagmāni saha yogaṃ bhajantu me  
Yogaṃ pra-padye kṣemañcha kṣemaṃ pra-padye  
Yogañca namo-aho-rātrābhyām-astu

*Om, I offer my salutations to the 28 planets, day and night. May they, who give auspiciousness and joy, give their blessings upon me, and may my efforts be in cooperation with them. May I achieve union of individual soul with collective soul. And may my achievements be protected. And, being protected, may I find stability in that union.*

### **Del Shukla Yajurveda, 18-2**

Om prāṇāścame apānaśca me vyānaśca me asuśca me  
Chittaṃ ca ma ādhītam ca me  
Vāk ca me manaśca me chakṣuśca me śrotraṃ ca me  
Dakṣaśca me balaṃ ca me yajñena kalpantām

*"Om, May my prāṇa, apāna and vyāna and other life forces, my mind and intellect, my knowledge, my voice, eyes and ears, my wisdom, and strength, may all these be perfected through the sacrifice of dharma. "*

**Shanti path, Shukla Yajurveda 36- 17**

Om dyauḥ śanti-rantarikṣam śantiḥ  
Prithivī śanti-rāpaḥ śanti-roṣadhayaḥ śantiḥ  
Vanaspatayaḥ śāntir-viśve-devāḥ śāntir-brahma śantiḥ  
Sarvaṁ śantiḥ śāntireva śantiḥ  
Sā mā śanti-redhi  
Om śantiḥ, śantiḥ, śantiḥ

*Om may there be peace in heaven. May there be peace on earth and peace in the water. May there be peace in the plants and peace in the trees. May there be peace in the gods and peace in nature. May that peace be in everything. May that peace, real peace, be mine.*

*Om, peace, peace, peace*

**Mahāmṛityunjaya Mantra, Healing Mantra**

Om Hauṁ Juṁ Saḥ Om Bhūr-Bhuvaḥ Svaḥ  
Om Tryambakaṁ Yajāmahe  
Sugandhim Puṣṭivardhanam  
Urvārukamiva Bandanān  
Mṛityor Mukṣhīya Māmṛitāt  
Svaḥ Bhuvaḥ Bhūḥ Om Saḥ Jūṁ Hauṁ Om

*Om... We worship Thee, O sweet God of transcendental vision: giver of strength, who liberates from death. O giver of prosperity to all, may we be free from the bonds of death, like a ripe fruit dropping from the tree. May we never again forget our immortal nature ...Om*

THE EIGHT KRIYAS \*method by Baba Hari Dass

Svāsa Yam – Breath Expansion

The eight kriyas are a simple series of breathing exercises. Anyone can benefit from this series. Two types of breaths are used in this exercise: chest breathing and abdominal breathing.

Kriya means action, with these eight actions you can calm the mind and relax the body. Especially good for people with heart problems, high blood pressure and insomnia. They can be performed at any time of the day, preferable not after eating. It is advisable to do before meditating.

*Kriya 1:* Inhale through the nose, gently and slowly, completely expanding the chest; the abdomen enters gently at the end of taking a breath. Exhale through your nose, gently and slowly. The abdomen may enter more at the end of the exhalation. Perform 5 times. \*Chest breath.

*Kriya 2:* Inhale through the nose, gently and slowly, completely expanding the chest; the abdomen enters gently at the end of taking a breath. Exhale through a partially open mouth. Perform 5 times. \*Chest breath.

*Kriya 3:* Inhale gently and slowly through the mouth with your lips slightly extended outward. Do fill the "abdomen", the lower part of the lung, the upper part of the chest does not fill. Exhale gently and slowly through the nose; the abdomen can contract subtly at the end. Perform 5 times. \*Abdominal breath.

*Kriya 4:* Close the right nostril with the thumb of the right hand, inhale through the left nostril, gently and deeply into the chest; the abdomen is directed slightly inward. Release the right nostril and close the left with the ring finger of the right hand. Exhale through the right nostril. Perform 5 times. \*Chest breath.

*Kriya 5:* Close the left nostril with the ring finger of the right hand, inhale through the right nostril, gently and deeply into the chest; the abdomen is directed slightly inward. Release the left nostril and close the right with the thumb of the right hand. Exhale through the left nostril. Perform 5 times. \*Chest breath.

*Kriya 6:* With some air in the lung, gently exhale through the nose, emptying the lung; bringing the abdomen inward. Inhalation is done from relaxing the abdomen and allowing the body's natural reflex by taking in air (it is a normal inhalation, not deep, nor forced). Perform 5 times. \*Abdominal breath.

*Kriya 7:* Inhale gently and slowly through the mouth with your lips slightly extended outward. Exhale slowly through your mouth, bringing your abdomen inward. \*Abdominal breath. Perform 5 times.

*Kriya 8:* Inhale deeply into the chest through the nose, taking 5 equal sips to fill. When performing the fifth sip, the chest must be in complete expansion with the abdomen slightly inward. Exhale through the mouth. Perform 5 times. \*Chest breath.

mantra & prāṇāyāma

prāṇāyāma

The fourth branch of aṣṭāṅgayoga yoga presented by Patañjali in The Yoga Sutra. The word pranyama has two meanings:

1. Prana = life force, and yama = restrict
2. Prana = life force, and ayama = expansion

The word prana itself also has two ways of representing itself. One in a microcosmic way making the universe work in harmony and microcosmic affecting the external and internal movement of the body.

Pranayama is a method of breathing that helps control that internal energy system of the body, preserving our prana when necessary and expanding it at its right time.

The breath reflects what is happening in the body, mind, and heart.

**nāḍī śodhana** = subtle/energy channel cleansing

nāḍī = subtle energy channel

śodhana = cleansing, purification

\*It is also known as alternating breathing between the nostrils, due to its method.

### **Method**

1. Sitting with head, neck and spine elongated.
2. Exhale through both nostrils.
3. Place the right hand in *viṣṇu mudra* (thumb, ring finger and little finger raised, index and finger of the heart towards the palm of the hand). Close the right nostril with your thumb.
4. Inhale through the left nostril. Using yogic breathing, complete.
5. When completing the inhalation, release the right nostril and close the left with the ring finger, exhale through the right nostril.
6. Inhale through the right nostril, complete the inhalation, release the left nostril, and cover the right with the thumb. Exhale through the left nostril.
7. This is a complete turn. Inhaling from the left, exhaling from the right, inhaling from the right, and exhaling again from the left.
8. It can be done from 6 – 16 rounds.

### **Breathing and concentration**

Full yogic breath.

Concentration is maintained between the eyebrows (*ajña chakra*).

Over time extend the breath more, so that they are long, soft and fluid.

### **Benefit and effects**

Purifies energy channels

It primarily purifies the chest region.

Calm the mind.

Moderate effect of not heating or cooling the body, brings balance.

### **Contraindications**

No

### **Notes**

It is prescribed to use the right hand but either is ok. You can use index finger and thumb if needed, too.

Make sure you don't strain your right arm, or tilt your head too far in the direction of the open nostril.

If you have a stuffy nose try doing some rounds of nauli before starting, jala neti or massage the face to help drain the sinuses before beginning.

**Kapāla bhāti** = skull shining

Kapāla = skull, forehead region

Bhāti = shining, churning

### **Method**

1. Sitting with head, neck and spine elongated.
2. Inhale, exhale, and empty half of the air, then expel the air, allow inhalation to be done organically and quickly. There is more emphasis on exhalation than inspiration.
3. During inhalation, the abdomen naturally relaxes and comes out.
4. A turn can consist of 10 to 70 exhalations.

### **Breathing and concentration**

Chest breathing

Concentration in *ajña chakra*.

### **Benefit and effects**

It purifies the head area, hence its name.

Warms the body, *reduces kapha*.

Reduces mucus in the head and nasal cavity.

Calms the mind and breath.

### **Contraindications**

It should not be practiced with people who have high blood pressure, serious lung problems or retinal detachment.

### **Notes**

For beginners keep the pace of one second per exhalation.

It is an expulsion and contraction of the abdomen; the whole body does not have to move too much.

*Kapāla bhāti* is also one of the 6 *shat karmas* mentioned in the Hatha Yoga Pradipika (FIFTEENTH – SIXTEENTH CENTURY).

**Agnisāra dhauti**= fire wash

*Agni* = fire

*Sāra* = with

*Dhauti* = wash

**Method**

1. Sitting with head, neck and spine elongated.
2. Place your hands on your knees with your fingers facing inward, lean forward carrying weight towards your hands.
3. Exhale completely and hold.
4. By holding the breath. Bring the abdomen inward, towards the spine, then relax and let it out.
5. Continue to hold the breath out and repeat the movement rhythmically, as many times as possible without forcing.
6. Inhale slowly and re-lengthen your back to the center and up.

**Breathing and concentration**

Breathing is held outside during practice.

The concentration in the abdomen area.

**Benefit and effects**

Strengthens uḍḍiyāna band

Stimulates maṇipura cakra, agni.

Creates heat effect. Increases pitta and reduces kapha. Stimulates digestion.

**Contraindications**

Do not practice if you have ulcers or during the first trimester of pregnancy.

**Notes**

Start with a stable pace and if you are increasing make sure you do it with stability and some control.

It is easier to isolate the muscles of the abdomen by leaning forward and carrying weight towards the hands.

It may be easier to make them stand, at first.

This method is also a *shat karma*.



**Aśvinī mudrā** = horse seal

aśvinī = horse

mudrā = seal or closure

### **Method**

1. Sitting with head, neck and spine elongated.
2. Inhale through the nose to take a full breath and hold your breath.
3. By retaining, contracting, and relaxing the anal sphincter.
4. Repeat as many times as you can rhythmically and without forcing.
5. By completing a round of 5 - 30. Exhale gently.
6. This creates a complete turn.

### **Breathing and concentration**

Breathing is retained during practice.

The concentration is in mulādhārā cakra, to stimulate the energy there.

### **Benefit and effects**

*Strengthens mūla bandha.*

He *stimulates apāna* and *prāṇa* and directs it upwards.

Moderate effect does not cool, nor heat. Increases vāta.

Good for hemorrhoids. Good practice pre and post-natal.

### **Contraindications**

No

### **Notes**

Stable rhythm of contracting and releasing the sphincters. It can be done fast but the pace must remain stable.

Try to isolate the sphincters during contracting and not be alone contracting the buttocks.

This contraction of the anal sphincter and pelvic floor is less intense than mula bandha.

**\*Here the four purifications end.**

## Śhītalī prāṇāyāma = Cooling breathing

### Method

1. Sitting with head, neck and spine elongated.
2. Exhale completely through your nose.
3. Roll the tongue to form a tube, pull it out so that it extends in front of the lips.
4. Inhale through the tongue rolled up in the form of a tube, use abdominal breathing. It may sound like a whisper as air enters through the passage of the rolled tongue.
5. When completing abdominal breathing, relax the tongue and hold your breath for 3 – 5 seconds, then exhale naturally through the two nostrils.
6. Practice of 5 – 15 laps.

### Breathing and concentration

Abdominal breathing.

Concentration in *ajñā chakra*.

### Benefit and effects

It helps cool the body, *reduces pitta* and increases *kapha*.

Good for indigestion, excess bile, colic, when you overeat, excess heat, thirst, and tiredness.

Purifies the blood and keeps the skin healthy.

### Contraindications

Do fewer rounds when it's cold.

Those who have excess *kapha*, do not have to make more than 10 laps a day.

### Notes

Those who cannot roll up their tongue, practice **Sītkārī prāṇāyāma** (hissing breathing); Place your tongue behind your front teeth, keep your lips slightly open and your teeth closed, inhale through your mouth. Abdominal breathing. Exhale through your nose.