

# Eight Limbs of Yoga

## (Yoga Sutras of Patanjali)

### Pranayama (Breathing Techniques) (Part 2)

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# Invocation to Sage Patanjali

योगेन चित्तस्य पदेन वाचां । मलं शरीरस्य च वैद्यकेन ॥  
योऽपाकरोत्तं प्रवरं मुनीनां । पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥  
yogena chittasya padena vAchAM | malaM sharIrasya cha  
vaidyakena ||

yo.apAkarottaM pravaraM munInAM | pata~njaliM  
prA~njaliRAnato.asmi ||

"I respectfully bow down with folded hands and offer my salutations to Sage Patanjali, the highest among the Munis (sages), who has presented the remedies for removing the impurities of the body through his treatise on Ayurveda, of language through his treatise on grammar (Patanjala Mahabhashya) and the impurities of the Chitta (mind field) through his treatise on Yoga (Yoga Sutras of Patanjali)."

# Outline

- Recap Part 1
- Pranayama and the Nervous System
- Pranayama Practice
- Pranayama and the Nadi System
- Kundalini and the Chakras
- Pranayama Practice

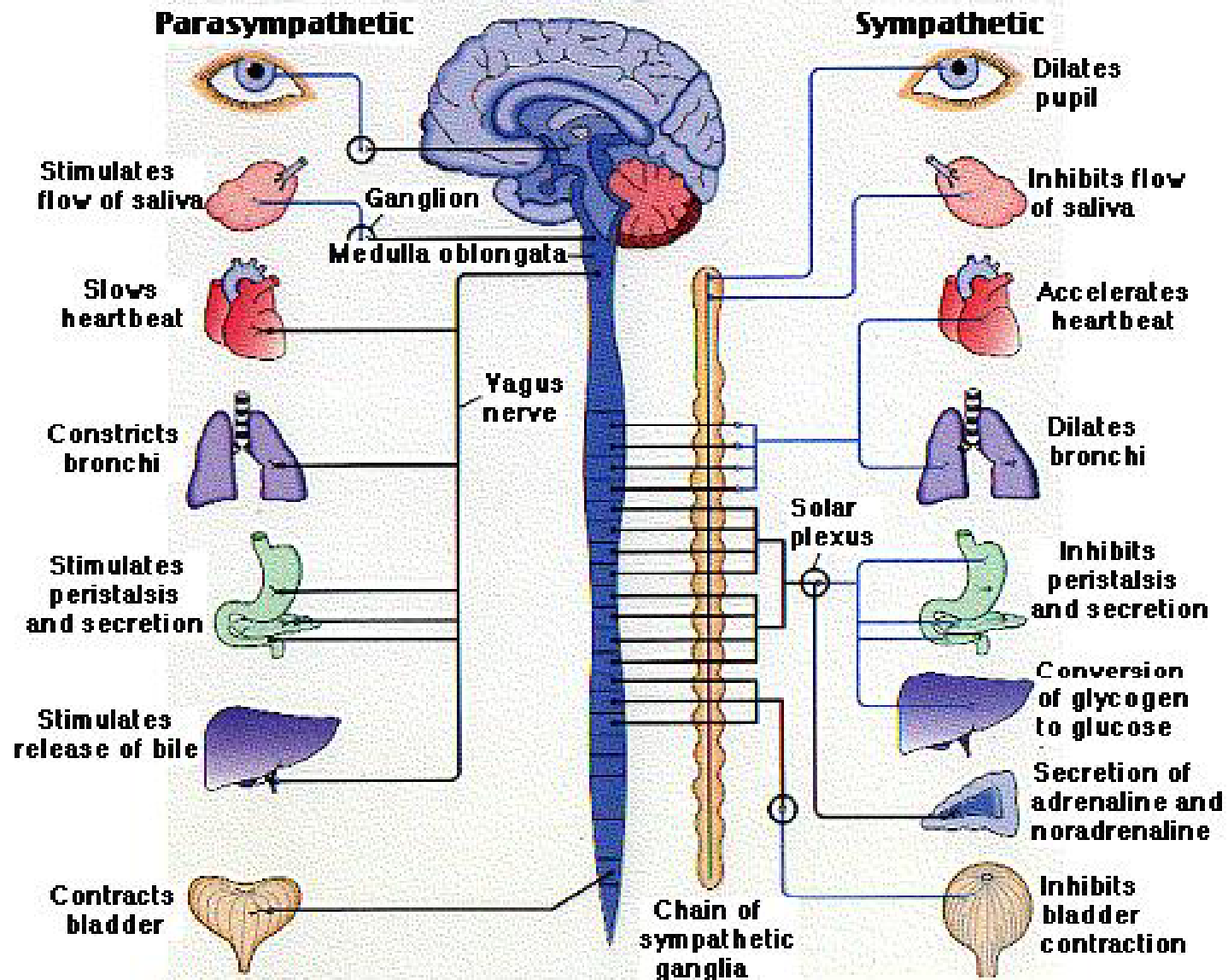
# Recap Part 1

- Why study breath?
- Physiology and mechanics of breathing
- Breathing habits
- Nasal functions
- Five sheaths
- Five major and five minor pranas
- Pranayama practice

# Pranayama and Nervous System

- Central Nervous System; Autonomic Nervous system
- Autonomic Nervous system
  - Parasympathetic (brakes)
  - Sympathetic (accelerator)
- Conscious control of ANS via control of lungs
- Control the depth, duration and frequency of breathing
- Lungs, heart, vagus nerve, parasympathetic NS
- Will-power and mind can also control ANS

# Autonomic Nervous System

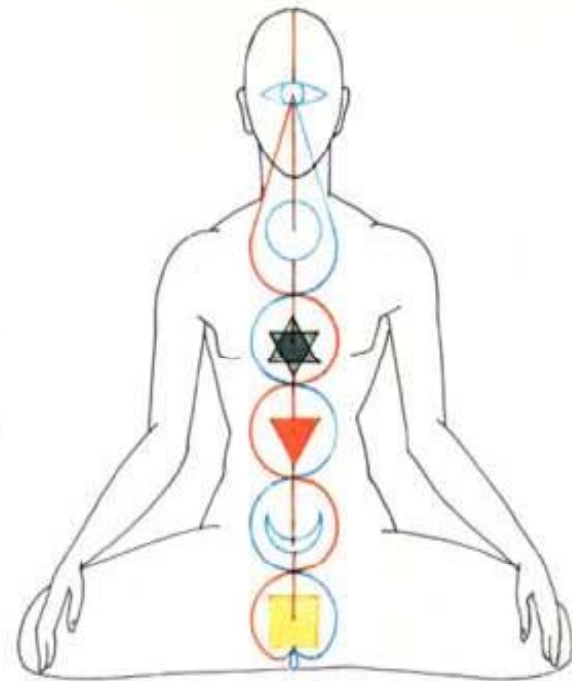


# Pranayama Practice

- Breath retention (Kumbhaka)
  - Internal breath retention
  - External breath retention
- Practice kumbhaka with
  - Sectional deep breathing
  - Alternate nostril breathing
- Sama-vritti (equal rotation breathing)
- Interrupted breathing sequence
- Khechari Mudra

# The 'Nadi' System

- Channels for the flow of subtle energy
- 72,000 nadis; 3 most important: Sushumna, Ida, Pingala
- Ida: moon/mental energy/female/left nostril/right hemisphere of brain
- Pingala: sun/vital energy/male/right nostril/left hemisphere of brain
- Sushumna: spiritual awakening/central channel along the spinal column
- Nadis start at Mooladhara, crossing over chakras, terminating at Ajna chakra
- Connected with 'Svara Yoga' (yoga of breath)





# Kundalini and Chakras

- Kundalini - the dormant potential energy - manifestation of creative cosmic energy
- Seven chakras
- Pranayama can vitalize Ida and Pingala, activate Sushumna and open up the chakras for flow of kundalini
- Disease is imbalance in the flow of pranas
- Practice Chakra shuddhi (bhuta shuddhi) with audio recording

# Chakras (cont.)

- Muladhara (Root)
- Svadhisthana (Sacral)
- Manipura (Navel)
- Anahata (Heart)
- Vishuddhi (Throat)
- Ajna (Third Eye)
- Sahasrara (Thousand Petaled Lotus)



# Muladhara (Root) Chakra

- Meaning: “root support”
- Location: perineum, base of spine
- Element: earth/smell
- Petals: four –vam, sam, sam, sam
- Air: apana vayu – excretions
- Seed sound: lam
- Function: survival, grounding
- Malfunction: weight problem, constipation, sciatica, arthritis
- Animal: elephant
- Lotus: yellow square, downward triangle, Shiva Lingam with kundalini coiled around 3.5 times



# Swadhishtasana (Sacral) Chakra

- Meaning: One's own abode
- Location: sacrum, genitals
- Element: water/taste
- Petals: six – bam, bham, mam, yam, lam, ram
- Lotus: circle with crescent moon (light blue), petals are vermilion or orange-red
- Air: vyana – all over the body
- Seed sound: vam
- Function: desire, pleasures, sexuality, procreation
- Malfunction: impotence, frigidity, uterine/kidney problem, stiff lower back
- Animal: crocodile (crocodile tears)



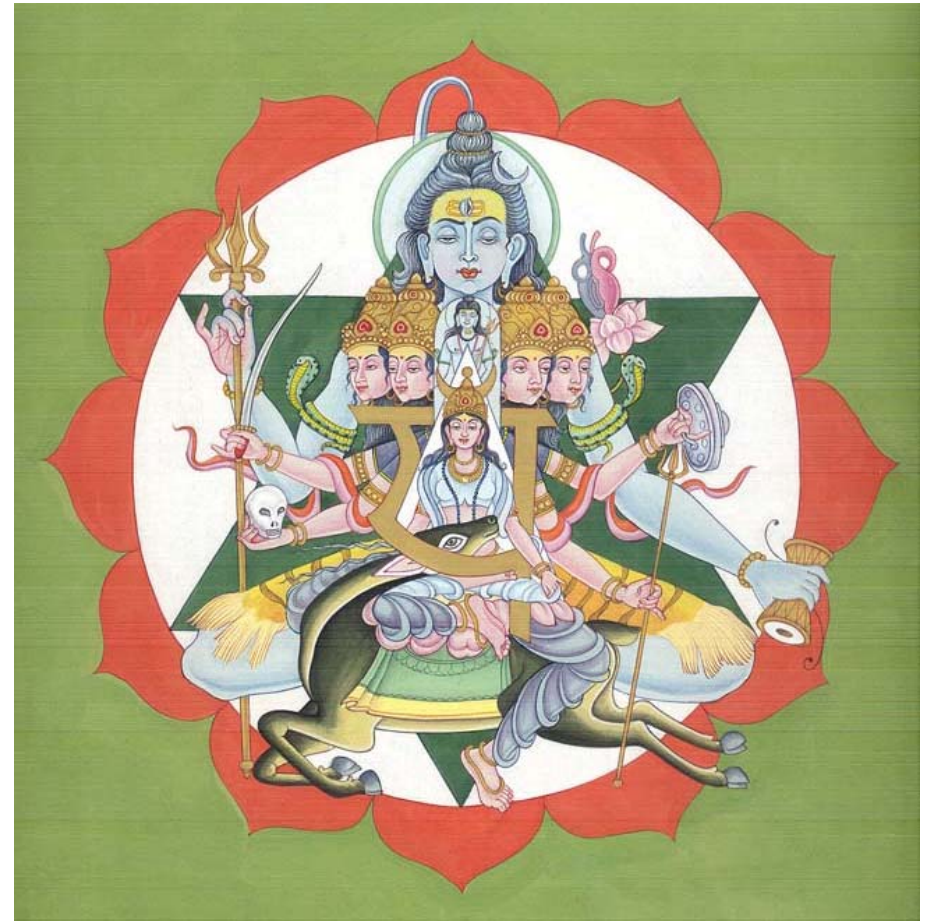
# Manipura (Navel) Chakra

- Meaning: 'mani' means a gem and 'pura' is a city, so 'city of jewels'
- Location: navel/solar plexus
- petals: ten, blue, ten pranas
- Seed sound: ram
- Element: fire/sight
- Function: will, power, assertiveness
- Glands: pancreas/adrenals
- Malfunction: ulcers, diabetes, digestive problems
- Animal: ram



# Anahata (Heart) Chakra

- Meaning: Unstruck
- Location: heart, cardiac plexus
- Petals: twelve, vermillion,
- Seed sound: yam
- Element: air, touch, skin, hands
- Air represents freedom, openness, freshness, lightness
- Vayu: prana
- Function: love, compassion
- Malfunction: asthma, high BP, heart disease, lung disease
- Guna: rajas/sattva
- Glands: thymus
- Animal: black antelope – alert and fleet-footed



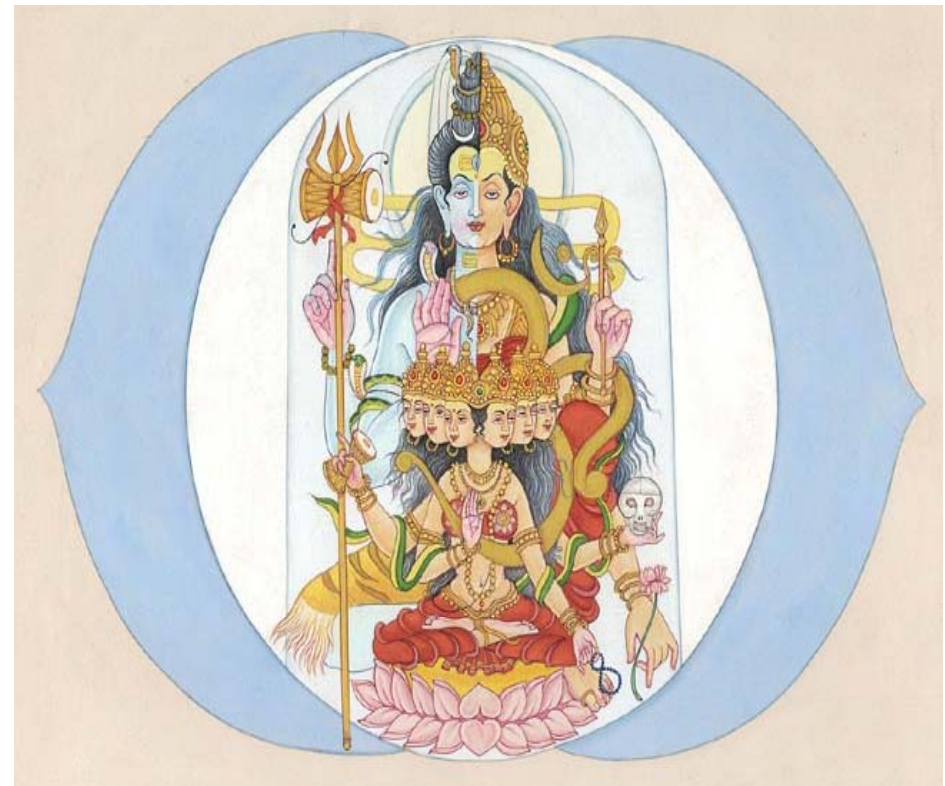
# Vishuddhi (Throat) Chakra

- Meaning: purification
- Location: throat, cervical plexus
- Elements: sound, hearing, ears, ether
- Function: communication, creativity
- Glands: thyroid, parathyroid
- Malfunction: soar throat, stiff neck, colds, thyroid and hearing problems
- Seed sound: ham
- Petals: sixteen (all the sanskrit vowels)
- Animal: elephant
- Guna: sattva



# Ajna (Third Eye) Chakra

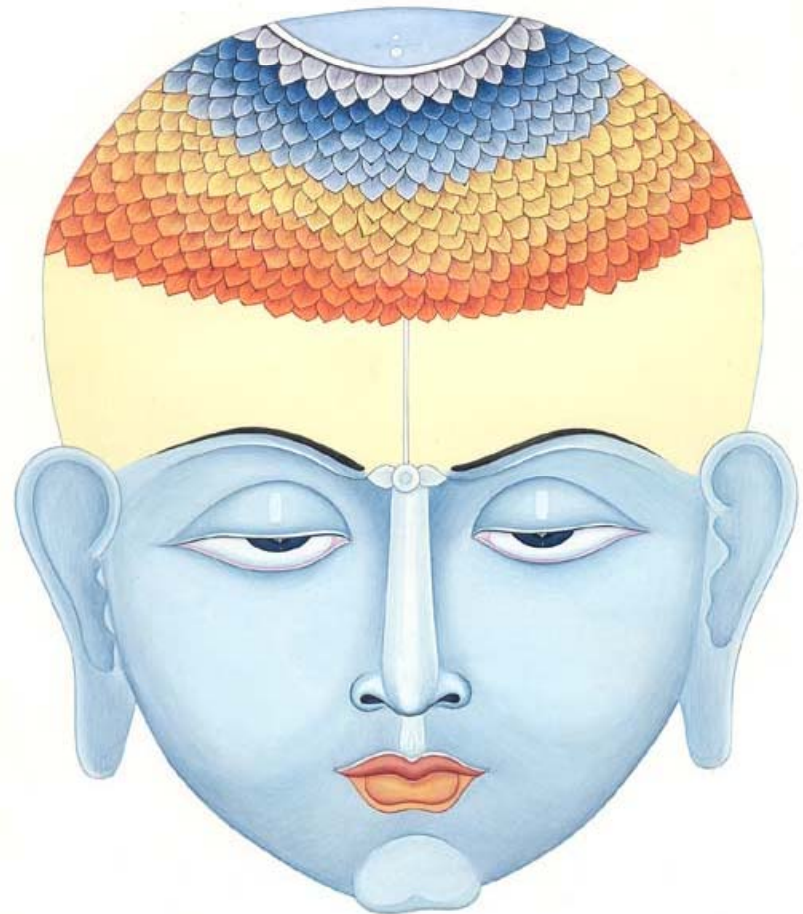
- Meaning: To learn, command, permission
- Location: Third eye
- Element: Mahat (unmanifest prakriti), light, eyes
- Gland: pineal
- Function: seeing, intuition
- Malfunction: blindness, headache, nightmares, blurred vision
- Seed sound: OM
- Lotus: two white petals with a golden triangle pointing downward
- Guna: sattva





# Sahasrara (Crown) Chakra

- Meaning: thousandfold
- Location: top of head
- Element: thought
- Function: understanding, bliss
- Gland: pituitary
- Malfunction: depression, alienation, confusion, apathy
- Petals: thousand (approaching infinity)
- Guna: sattva



# Pranayama Practice

- Bandhas (locks)
  - Jalandhara Bandha (chin lock)
  - Uddiyana Bandha (navel lock)
  - Moola Bandha (root lock)
  - Maha-bandha (all three locks together)
- Agni Saara (essence of fire)
  - While holding navel lock, move the abdominal muscles in and out rapidly