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| **General Guidelines:**   * Try to establish a regular time to practice each day, ideally in the morning so the effects can be experienced throughout the day * You can also see if techniques are useful as tools as needed e.g. if feeling a little anxious or tired * Always choose a point of focus e.g. quality of breath, sound of breath etc. whilst practicing; if the mind becomes busy simply inwardly note what was being thought and return to the focus * Keep the mind, body and breath relaxed throughout, with least effort and no strain: let the world fall away maintaining an inner focus * Start with 12 breaths and then move to 24 breaths after a couple of days of practice. If you feel able use the left hand for counting (see our handout on ‘Techniques of Pranayama 1’) or if preferred just set a time and dispense with counting after you have a sense of how long it takes to practice 12 or 24 breaths. * (When a kumbhaka (breath retention) is indicated, practice well within comfort levels – if a retention goes beyond 10 counts then remember Mula Bandha & Jalandhara Bandha will be needed) | | | |
| Week 1 | Week 2 | Week 3 | Week 4 |
| PRANAYAMA PRACTICE **Ujjayi:**  1. Natural Breath  2. Ujjayi no ratio (establish length of breath)  3. Ujjayi 1:0:1:0 x12 or x24  4. Natural Breath | PRANAYAMA PRACTICE **Ujjayi:**  1. Natural Breath  2. Ujjayi no ratio (establish length of breath)  3. Ujjayi 1:0:2:0 x12 or x24  4. Natural Breath | PRANAYAMA PRACTICE **Nadi Sodhana:**  1. Natural Breath  2. Nadi Sodhana no ratio (establish length of breath)  3.Nadi Sodhana 1:0:1:0 x12 or x24  4. Natural Breath | PRANAYAMA PRACTICE **Nadi Sodhana:**  1. Natural Breath  2. Nadi Sodhana no ratio (establish length of breath)  3.Nadi Sodhana 1:0:2:0 x12 or x24  4. Natural Breath |
| RECORD OF ACHIEVEMENT Mon 14th Nov  Tues 15th Nov  Wed 16th Nov  Thur 17th Nov  Fri 18th Nov  Sat 19th Nov  Sun 20th Nov | **RECORD OF ACHIEVEMENT**  Mon 21st Nov  Tues 22nd Nov  Wed, 23rd Nov  Thu 24th Nov  Fri 25th Nov  Sat 26th Nov  Sun 27th Nov | RECORD OF ACHIEVEMENT Mon 28th Nov  Tues 29th Nov  Wed 30th Nov  Thu 1st Dec  Fri 2nd Dec  Sat 3rd Dec  Sun 4th Dec | RECORD OF ACHIEVEMENT Mon 5th Dec  Tue 6th Dec  Wed 7th Dec  Thur 8th Dec  Fri 9th Dec  Sat 10th Dec Sun Sun 11th Dec |
| Comments at the end of week: | Comments at the end of week: | Comments at the end of week: | Comments at the end of week: |
| Summary for month’s practice (comments on physical, mental and emotional state changes noticed during this time): | | | |