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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)
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| 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 x244. 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 x244. Natural Breath |
| RECORD OF ACHIEVEMENTMon 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 ACHIEVEMENTMon 28th Nov Tues 29th Nov Wed 30th Nov Thu 1st Dec Fri 2nd DecSat 3rd Dec Sun 4th Dec  | RECORD OF ACHIEVEMENTMon 5th Dec Tue 6th DecWed 7th DecThur 8th Dec Fri 9th DecSat 10th DecSun 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): |