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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 5 | Week 6 | Week 7 | Week 8 |
| PRANAYAMA PRACTICE **Brahmari:**1.Natural Breath2.Brahmari no ratio x12/243.Natural Breath | PRANAYAMA PRACTICE**Bhastrika**1. Natural Breath 2. Bhastrika no ratio (establish length of breath) x12 or x24 4. Natural Breath | PRANAYAMA PRACTICE**Ujjayi:**1. Natural Breath 2. Ujjayi no ratio (establish length of breath)3.Ujjayi 1:0:1:0 x124. Ujjayi 1:1:1:0 x12 (MB)5. 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 4. Nadi Sodhana 1:1:1:1 x12 (MB)4. Natural Breath |
| RECORD OF ACHIEVEMENTMon 9th Jan Tues 10th Jan Wed 11th Jan Thur 12th Jan Fri 13th Jan Sat 14th Jan Sun 15th Jan  | **RECORD OF ACHIEVEMENT**Mon 16th Jan Tues 17th Jan Wed 18th Jan Thu 19th Jan Fri 20th Jan Sat 21st Jan Sun 22nd Jan  | RECORD OF ACHIEVEMENTMon 23rd Jan Tues 24th Jan Wed 25th Jan Thu 26th Jan Fri 27th JanSat 28th Jan Sun 29th Jan  | RECORD OF ACHIEVEMENTMon 30th JanTue 31st JanWed 1st FebThur 2nd Feb Fri 3rd FebSat 4th FebSun Sun 5th Feb |
| 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): |