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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 5 | Week 6 | Week 7 | Week 8 |
| PRANAYAMA PRACTICE **Brahmari:**  1.Natural Breath  2.Brahmari no ratio x12/24  3.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 x12  4. 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 ACHIEVEMENT Mon 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 ACHIEVEMENT Mon 23rd Jan  Tues 24th Jan  Wed 25th Jan  Thu 26th Jan  Fri 27th Jan  Sat 28th Jan  Sun 29th Jan | RECORD OF ACHIEVEMENT Mon 30th Jan  Tue 31st Jan  Wed 1st Feb  Thur 2nd Feb  Fri 3rd Feb  Sat 4th Feb Sun 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): | | | |