**HYP Kumbhakas**

1. **Surya bhedena / sun piercing– caution ANS**

e.g. In R & ex L stimulates SNS, good to balance vata, removing toxins– v heating so care needed

1. **Ujjayi / victorious breath**

Soothing to nervous system, increases sensitivity – care LBP

1. **Sitkari / hissing breath**

e.g. Cooling, increase magnetism, attractiveness – care inner dryness or cold

1. **Sitali / cooling breath**

e.g. Cooling, alleviates HBP, strengthens digestion – care inner dryness or cold

1. **Bhastrika / bellows breath**

e.g. Equal in & ex, stimulate cardiovascular & resp sysem, removal waste & toxins, massages viscera, produces CF fluid, strengthens NS, revitalizes Many P & P eg HBP, stomach ailments, intestinal problems, ear or eye conditions etc.

1. **Brahmari / Humming breath**

e.g. Calming, heightens sensitivity, no precautions

1. **Murcha / swooning breath**

In & ex whilst JB leading to hyperventilation and eventual hypoxia where little o2 in blood leading to trance – not for use unless in ashram type situation with individual guidance

1. **Plavini / floating breath**

Air swallowed and retained not for use unless in ashram type situation with individual guidance

**Additional pranayama techniques:**

**Nadi sodhana:** Balancing PNS & SNS in right ex both, in left ex both

Calming, heightens perceptions, subtle cleansing, opens restricted channels in body and mind

Few p & p caution with respiratory problems such as asthma and those with anxiety states where anuloma may be better.

**Viloma** In or ex are interrupted by several pauses like climbing stairs,

Creates elasticity of lungs, rests nerves and soothes brain, learn to breathe deeply.Few p & p**.** Iyengar done lying down as a preliminary to other pranayama

**Anuloma:** With the grain ie in both ex left, in both ex right, Calming alert mind PNS increases, few p & p

#### Pratiloma: Against the grain i.e. in right, ex both, in left ex both, Energising, stimulating primarily activates SNS, May be too heating or stimulating

**Kapalabhati:** Kriya, emphasis upon the exhalation, inhalation taking 3 times less than exhalation

**Ratios:**

No ratio

1:0:1:0

1:0:2:0

2:1:2:0

1:1:1:0

1:1:1:1

**Mudras and bandhas:**

As you go through the list of mudras and bandhas below remember that sometimes they can be taught in a different fashion so for example we might introduce mula bandha in asana for beginners but then in pranayama for intermediates or we might introduce a simple form of viparita karana to beginners but then bring in moving awareness through the chakras to intermediates or advanced students. This means when you look at different techniques bear this in mind. You may also like to add other possible techniques to this list.

**Yoni Mudra** – Mudra of Silence – in seated pose close the orifices of the head with the fingers i.e. closing off the senses

**General Drishtis in asana** – focusing mental energies on specific locations of body whilst performing particular postures

**Kaki Mudra** – Crows Beak - in seated pose inhale through mouth, focus on tip of nose, hold for short while and exhale through nose.

**Chin or Jnana Mudra** – forefinger touches base of thumb, other fingers spread apart palms facing upwards or downwards respectively.

**Ashwini Mudra** – Horse Mudra – contraction of anus, holding for a short while on AK then releasing the anus can be done in seated position other poses such as inverted postures

**Yoga Mudra** – Psychic Union Seal – seated in padmasana – hands behind back, inhale focus upon ajna chakra, exhale leaning forwards as breath and consciousness moves to muladhara chakra, BK for a short while and inhale sitting up, breath & consciousness traveling back to ajna chakra

**Shambavi Mudra** – Third Eye Gazing – in seated pose direct gaze inwards and upwards as if towards the centre of the forehead.

**Nasikagra Drishti** – Tip of Nose Gazing – in seated posture focus eyes upon tip of nose

**Pashini Mudra** – Folded Mudra – from halasana, knees to ears, shoulder and floor, wrapping arms around back of knees, focus upon manipura chakra

**Viparita Karani** – Inverted Attitude – as for shoulderstand concentrating on manipura chakra on first breath then anahata chakra on second breath, vishuddi chakra on third breath, manipura chakra on fourth breath as so on. Hold for up to 36 breaths.

**Dhyani Mudra** – Seal of Submission, left hand in right, thumbs touch, empty bowl of surrender

**Chin Mudra, Chin Maya Mudra, Ardhi Mudra, Brahma Mudra** – i) thumb on index finger, other fingers extended press into thighs ii) thumb on index finger, other fingers curled in palm, press into thighs iii) fingers curled around thumb press into thighs iv) fingers curled around thumb at chest height back of knuckles touch - exploring concentration of breath within body as moving between mudras

**Pran Mudra** – Life Seal - tip of thumb to ring finger and little finger – activate muladhara chakra, grounding, lessen anxiety, increase energy

**Apana Mudra** – Energy Seal – tips of thumbs to middle finger and ring ringer, others extended – cleansing, balances mind, gives patience & serenity

**Mula Bandha** – Root Lock – engaging perineum – can be used in asana or pranayama

**Back mudra** – right hand: thumb, middle and little fingers touch, left hand: thumb on nail of index finger – release backache

**Joint Mudra** – right hand: thumb and ring finger touch, left hand: thumb and middle finger touch – balances energy in joints

**Jalandhara Bandha** – Neck Lock – lowering chin to chest – can be explored in asana and used in pranayama

**Uddiyana Bandha** – Abdominal lock – can be explored individually or used within pranayama

**Maha Mudra I –** The Great Seal I – JB and MB whilst in janursirsasana, can solely work as pranayama or introduce internal focal points

**Maha Mudra II** – The Great Seal II – JB, MB and UB whilst in janusirsasana, can solely work as pranayama or introduce prana moving to ajna chakra, using shambavi mudra

**Maha Bandha/Bandha Traya** - JB, MB and UB whilst in padmasana, can solely work as pranayama or introduce prana moving to ajna chakra, using shambavi mudra

**Boochari Mudra** – Gaze into nothingness, focused upon little finger initially, great for concentration

**Prithvi Mudra** – Earth Seal, tips of ring finger & thumb touch, other fingers extended

**Remember BWY perspective is an inclusive one using:**

**VINYASA KRAMA – SPECIAL PLACEMENT**

**USE OF MODIFICATIONS, ALTERNATIVES, VARIATIONS**

**GRADUAL PROGRESSION OVER TIME**