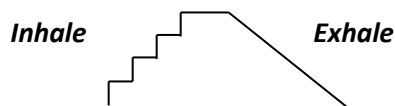


Viloma

'Viloma' means 'to go against the usual flow' and in this technique we interrupt the inhalation or the exhalation, or both, meaning this technique is a great preparation for when we will use kumbhaka (breath retention) at a later stage in pranayama. We must learn to keep the breath smooth and easy throughout this technique, working as subtly as possible, so we are refining and relaxing the breath. We can perform this technique from a seated or semi-supine position.

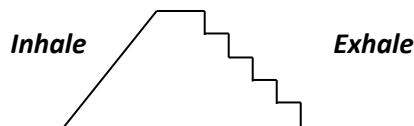
1) *Interruption of inhalation*

Here we inhale little by little, by inhaling a little, pausing, then inhaling a little more, pausing and so on until the lungs are full, then exhale in one long continuous breath out. We continue in this way. If it helps we can imagine we are taking steps up to the top of a playground slide, inhaling and pausing at each step, then as we exhale we slide down in one continuous motion. Generally it takes between 3 and 5 pauses to fully inhale.



2) *Interruption of exhalation*

Here we inhale in one continuous breath in, then exhaling we exhale a little then pause, exhale a little more then pause and so forth. If it helps we can imagine we are effortlessly rising up on to a tall platform as we inhale, then as we exhale we are taking the steps down, one by one. Generally it takes between 3 and 5 pauses to fully exhale.



3) *Interruption of inhalation and exhalation*

Here we inhale little by little and exhale little by little, pausing as we inhale and pausing as we exhale. Again generally there will be between 3 to 5 pauses for the inhale and the same number for the exhale. For this breath take a normal breath between each round of viloma to keep the mind and body relaxed.

Benefits

Viloma improves the elasticity of lungs, rests nerves and soothes the brain. It helps us to learn to breathe deeply and smoothly.

Prohibitions and Precautions

Students who are prohibited for breath retention must proceed with care & monitor their reaction, to include: HBP, heart condition, LBP, ear & nose problem, pregnancy, enlarged thyroid, lung disease, M.S. epilepsy, depression, anxiety. If there is any discomfort or strain then return to natural easy breathing.