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श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om

Sri Gurubhyo Namah Harih Om

Salutations to the Gurus!

ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ saha nāvavatu saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītam astu mā vidviṣāvahai
oṃ śāntiḥ śāntiḥ śāntiḥ

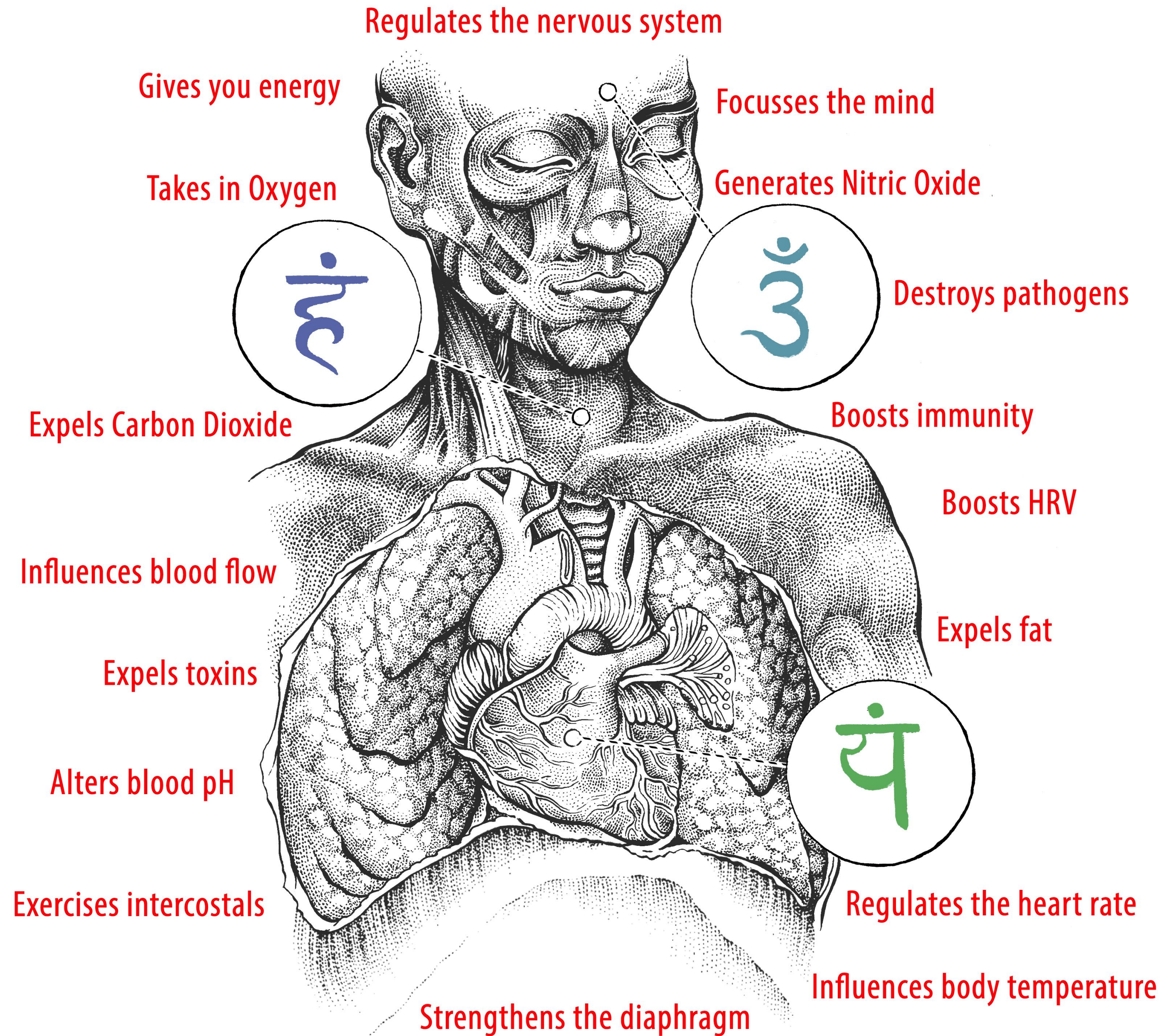
May that Brahman protect us together. May it nourish us together.
May we both gain great vitality. May our learning be brilliant.
May we never argue. Om peace, peace, peace.

शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् ।
प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥

śuklāambaradharaṃ viṣṇuṃ śaśivarṇaṃ caturbhujam
prasannavadanaṃ dhyāyet sarvavighnopaśāntaye

*I meditate upon Śri Ganeṣa, the one who wears a white garment,
who is all-pervasive, who has a (bright) complexion like the moon,
who has four hands, who has a cheerful face,
or the removal of all obstacles.*

NASAL BREATHING DOES SO MANY THINGS



NITRIC OXIDE Chemical Level

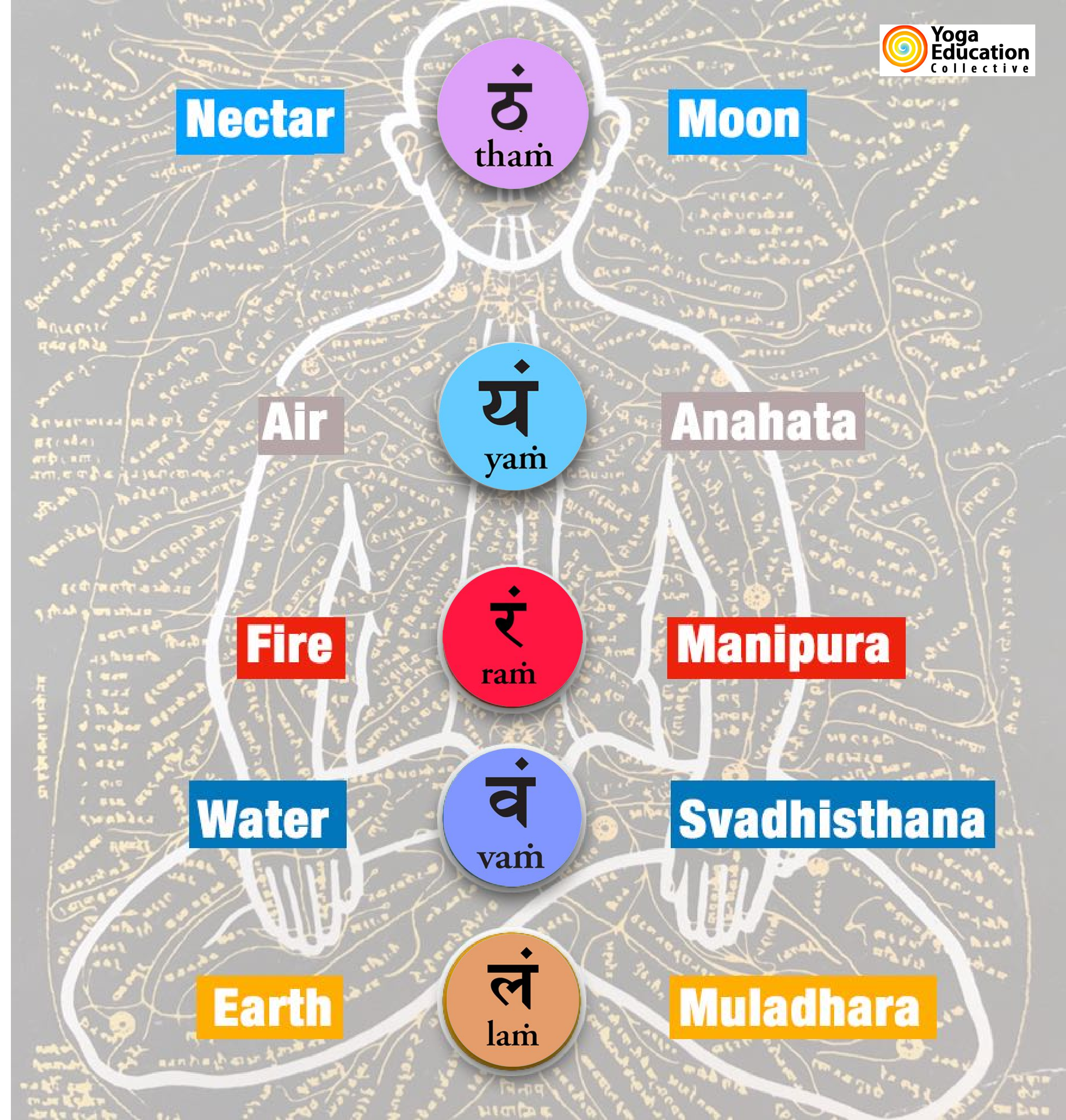
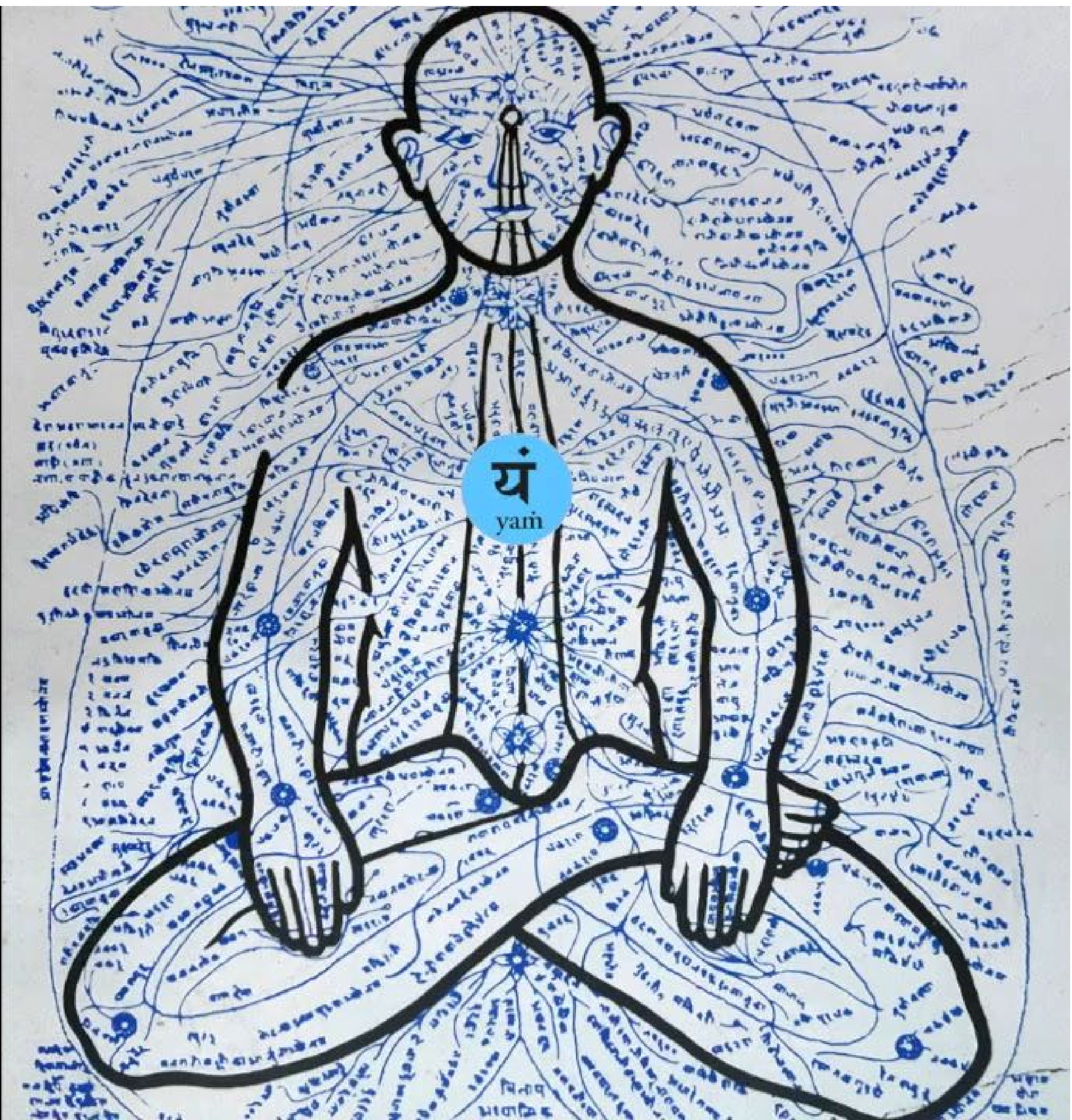
Benefits of slow nostril breathing:

- Produced in the paranasal sinuses (nasal cavity)
- Reaches the lungs only through nasal breathing - not mouth breathing.
- Vasodilator - opens up blood vessels for improved oxygenation.
- Increases blood flow and lowers blood pressure.
- Helps to maintain homeostasis.
- Anti-viral (helps destroy pathogens).
- Enables better immune response .



Nadi Samanu

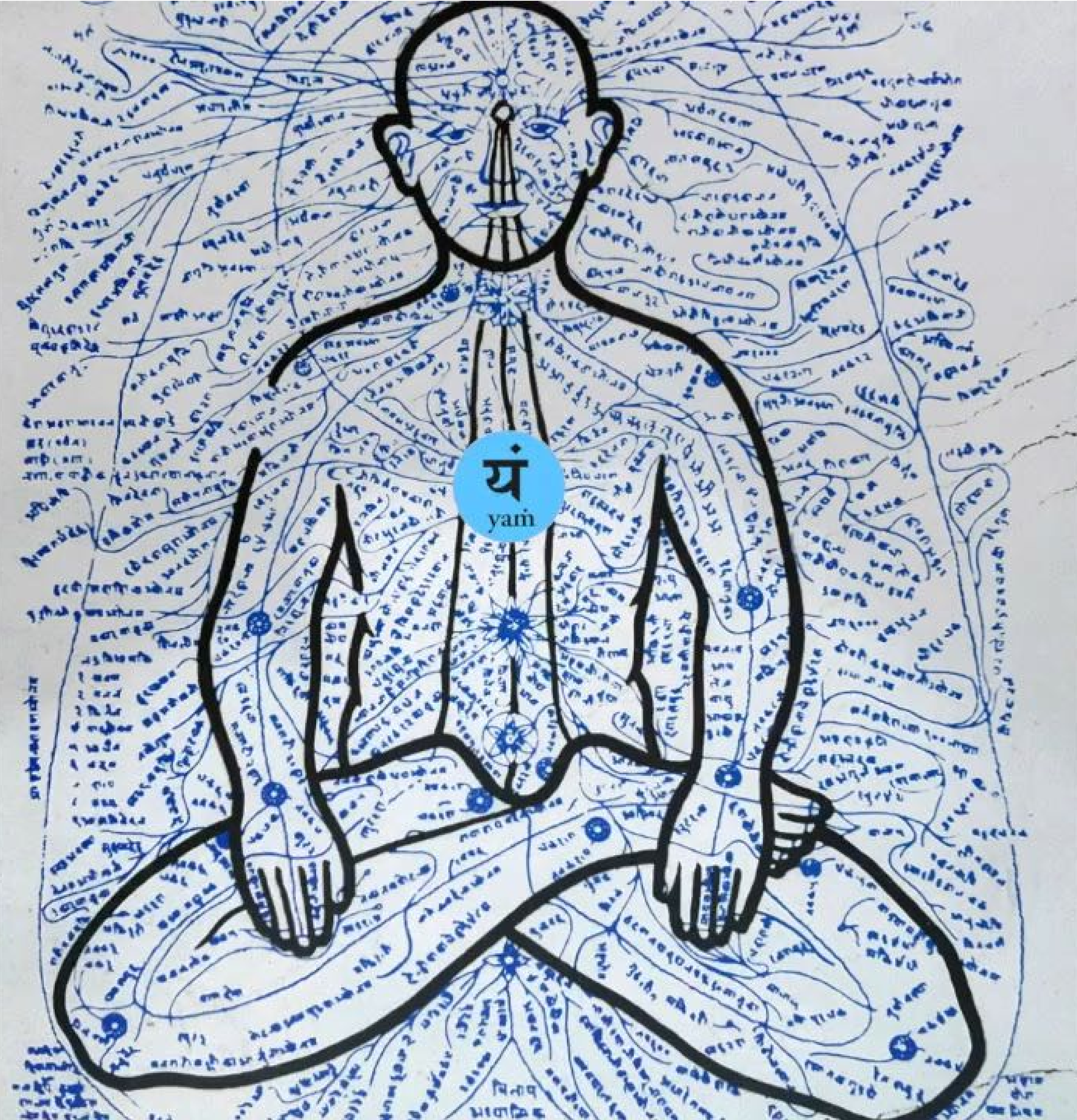
Explanation then play one round only.



Nadi Samanu

Three Rounds 4 : 16 : 8

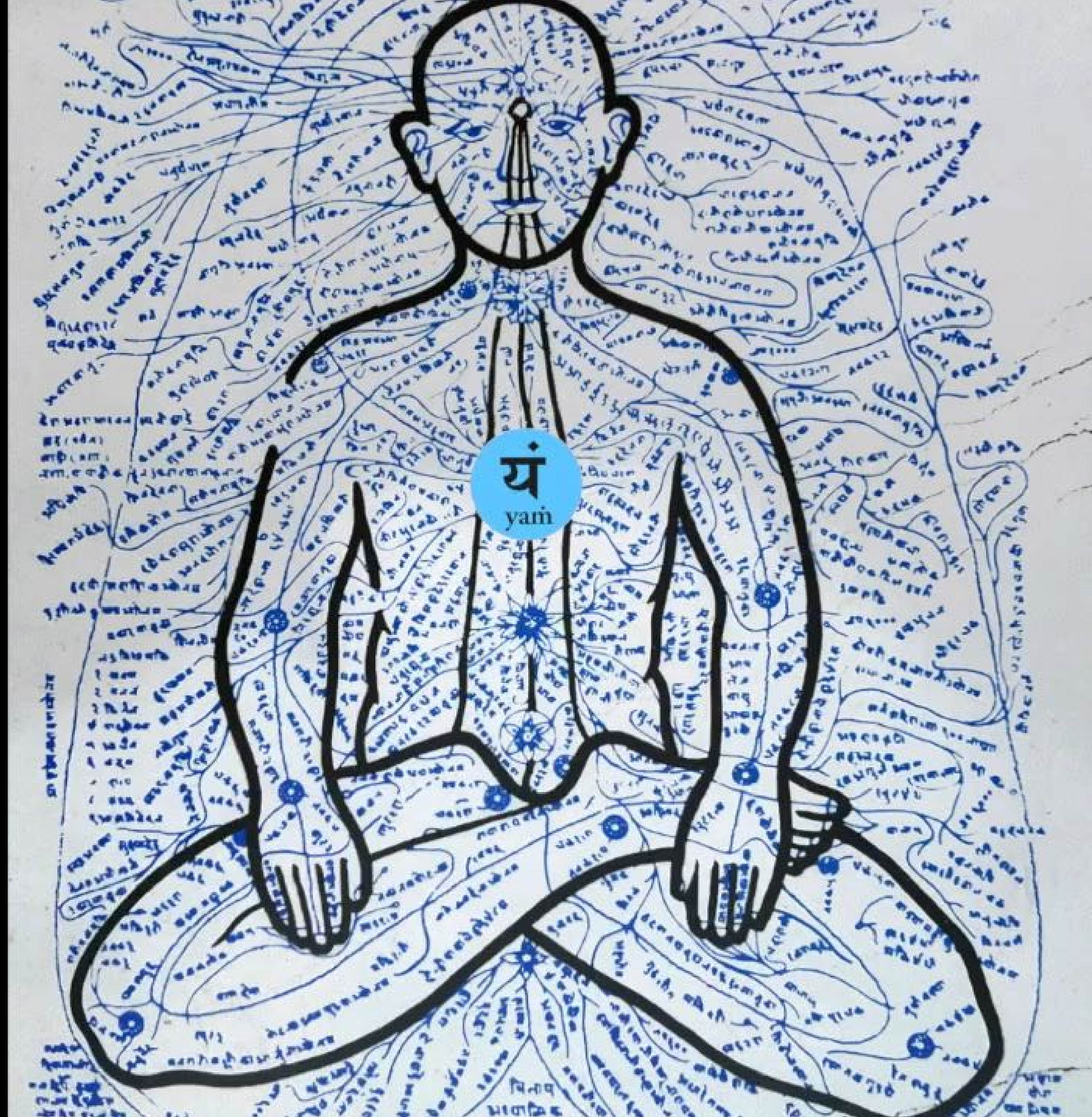
Pause between each round



Nadi Samanu

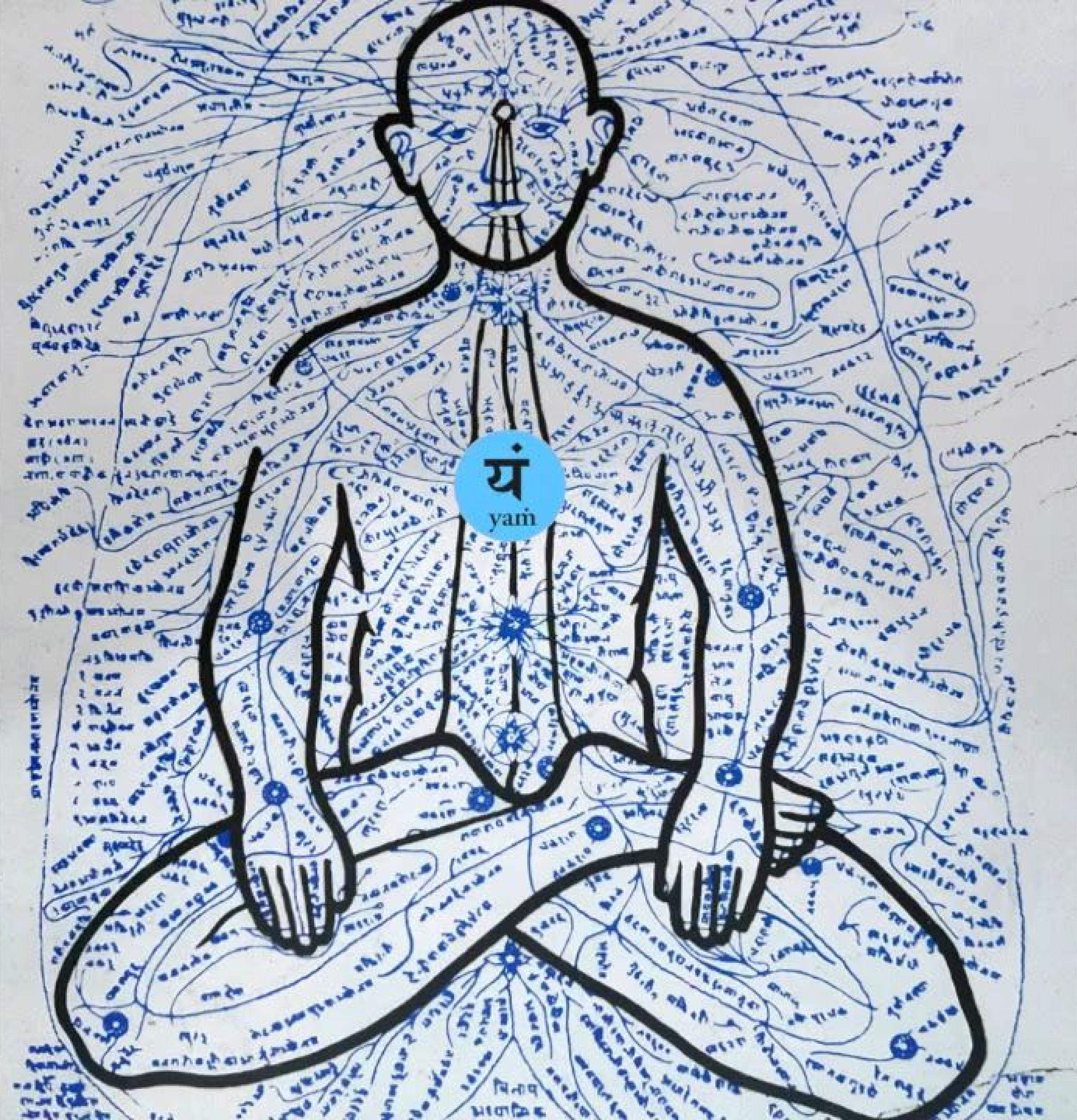
Three Rounds 5 : 20 : 10

Pause between each round



Nadi Samanu

Three Rounds 5 : 20 : 10
Continuous rounds



VILOMA

Different from the natural order

VILOMA 1

INTERRUPTION OF INHALATION

BOTH NOSTRILS

START WITH COMPLETE EXHALE

TIME IS IN SECONDS

INHALE ABDOMEN	3
PAUSE	2
INHALE MID-CHEST	2
PAUSE	3
INHALE UPPER CHEST	1
PAUSE	4
EXHALE	5

VILOMA

Different from the natural order

VILOMA 2

INTERRUPTION OF EXHALATION

BOTH NOSTRILS

START WITH COMPLETE EXHALE

TIME IS IN SECONDS

INHALE	5
PAUSE	5
EXHALE UPPER CHEST	1
PAUSE	4
EXHALE MID-CHEST	2
PAUSE	3
EXHALE ABDOMEN	3
PAUSE	2

VILOMA

Different from the natural order

VILOMA 3

INTERRUPTION OF INHALATION
AND THE EXHALATION

BOTH NOSTRILS

START WITH COMPLETE EXHALE

TIME IS IN SECONDS

INHALE ABDOMEN	3
PAUSE	2
INHALE MID-CHEST	2
PAUSE	3
INHALE UPPER CHEST	1
PAUSE	4

EXHALE UPPER CHEST	1
PAUSE	4
EXHALE MID-CHEST	2
PAUSE	3
EXHALE ABDOMEN	3
PAUSE	2

ANULOMA

Along with the natural order

INHALE BOTH

EXHALE LEFT/RIGHT

START WITH COMPLETE EXHALE

TIME IS IN SECONDS

INHALE BOTH	5
EXHALE LEFT	10
INHALE BOTH	5
EXHALE RIGHT	10

PRATILOMA

Opposing & disturbing natural order

INHALE LEFT/RIGHT

EXHALE BOTH

START WITH COMPLETE EXHALE

TIME IS IN SECONDS

INHALE LEFT	10
EXHALE BOTH	5
INHALE RIGHT	10
EXHALE BOTH	5

2. Marmasthanas (From Yoga Yagnavalkya and Vashishtha Samhita)

	Marmasthana	Distance in andgulas	Sanskrit name
1	Big toes	0	Padangustha
2	Ankles	4.5	Gulpha
3	Shins	10 above ankles	Pindikamadhya
4	Calves	11 above shins	Janumoola
5	Center of knee caps	2.5 above calves	Janu
6	Center of thighs	9 above center of knee caps	Urumadhya
7	Anal sphincter	9 above center of thighs	Payumoola
8	Center of the body	2.5 above anal sphincter	Dehamadhya
9	Genital organs	2.5 above center of body	Linga
10	Navel center	10.5 above genital organs	Nabhi

2. Marmasthanas (From Yoga Yagnavalkya and Vashishtha Samhita)

	Marmasthana	Distance in angulas	Sanskrit name
11	Heart center	14 above navel center	Hridayamadhya
12	Well of the throat	6 above heart center	Kanthakoopa
13	Center of the tongue	4 above well of the throat	Jihvamoola
14	Root of the nose	4 above center of the tongue	Nasamoola
15	Eyeballs	1/2 above root of the noses	Netrapradesha
16	Center of the eyebrows	1/2 above eyeballs	Broomadhya
17	Center of the forehead	3 above center of eyebrows	Lalaata
18	Crown of the head	3 above center of forehead	Brahmarandra

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥ हरिः ॐ तत्सत् ॥

asato mā sadgamaya
tamasomā jyotir gamaya
mrityormāamritam gamaya
Om śhānti śhānti śhāntiḥ harih om tat sat

Lead me from changing existence to unchanging being,
lead me from the darkness of tamas to the light of knowledge,
lead me from death to immortality. Harih om that is truth.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते
पूर्णश्च पूर्णमादाय पूर्णमेवावशिष्यते ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

Aum puurnnam-adah puurnnam-ldam
puurnnaat-purnnam-udacyate
puurnnashya puurnnam-aadaaya
puurnnam-eva-avashissyate ॥
Aum shaantih shaantih shaantih ॥

**Aum! That is infinite, and this (universe) is infinite.
The infinite proceeds from the infinite.
(Then) taking the infinitude of the infinite (universe),
It remains as the infinite alone.**

**Aum! Let there be peace in me!
Let there be peace in my environment!
Let there be peace in the forces that act on me!**