

YOGIC ENERGY MANAGEMENT – THE BRHMANA / LANGHANA MODEL

The Brhmana/Langhana Model is useful for managing the “body budget” (physiological balance). Brhmana practices are appropriate for the hypo-aroused states, when the system is weak and depleted; langhana practices are meant for the hyper-aroused states, when there is too much agitation in the system. *Which* practices you choose is just as important as *how* you do them.

WHEN THERE IS ANY SORT OF DEFICIENCY IN THE SYSTEM		WHEN THERE IS ANY SORT OF EXCESS IN THE SYSTEM	
BRHMANA To build, nourish			LANGHANA To eliminate, reduce
BRHMANA QUALITIES – “ENERGETIC DEPOSITS”		LANGHANA QUALITIES – “ENERGETIC WITHDRAWALS”	
Inhale Retention (pause after inhale)		BREATH	Exhale Suspension (pause after exhale)
Backbends Lateral bends		ASANA	Forward bends Twists
Standing poses			Supine poses
Longer stays in challenging poses			Longer stays in gentle poses
Vinyasa flow sequences			Supported and resting poses
Faster pace Less pauses between poses			PACE
Louder voice Higher pitch		SOUND	Softer voice Lower pitch