







BRHMANA AND LANGHANA BREATHING PRACTICES

When you work with energy, it is best to choose a brhmana or langhana breathing pattern and then build the rest of your practice around it. Here are some examples of brhmana and langhana breathing patterns and what you need to do to prepare for them in the course of the practice:

BRHMANA BREATHING PRACTICES	LANGHANA BREATHING PRACTICES
 <p>LONG INHALATION + RETENTION (HOLD AFTER INHALE)</p> <p>HOW: Deepen your inhalation to 6 seconds first, then to 8 seconds.</p> <p>PREPARATION: Gradually deepen the Inhale in the course of the practice, introduce a slight hold after the Inhale.</p>	 <p>LONG EXHALATION + SUSPENSION (HOLD AFTER EXHALE)</p> <p>HOW: Lengthen your exhalation to 6 seconds first, then to 8 seconds.</p> <p>PREPARATION: Gradually deepen the Exhale in the course of the practice, introduce a slight hold after the Exhale.</p>
 <p>KRAMA INHALE (SEGMENTED INHALATION)</p> <p>HOW: Inhale is broken down into 2 or 3 parts with pauses in between, Exhale is long and flowing.</p> <p>PREPARATION: Focus on poses emphasizing Inhalation (Backbends and Lateral bends); lengthen Inhalation throughout the practice, introduce Retention (hold after Inhale).</p>	 <p>KRAMA EXHALE (SEGMENTED EXHALATION)</p> <p>HOW: Exhale is broken down into 2 or 3 parts with pauses in between, Inhale is long and flowing.</p> <p>PREPARATION: Focus on poses emphasizing Exhalation (Forward bends and Twists); lengthen Exhalation throughout the practice, introduce Suspension (hold after Exhale).</p>
 <p>VILOMA UJJAYI (ALTERNATE NOSTRIL INHALATION)</p> <p>HOW: Inhale through alternate nostrils, Exhale using Ujjayi breath.</p> <p>PREPARATION: Focus on poses emphasizing Inhalation (Backbends and Lateral bends); prepare the shoulder and neck for prolonged arm holding (while working with nostrils); lengthen Inhalation throughout the practice.</p>	 <p>ANULOMA UJJAYI (ALTERNATE NOSTRIL EXHALATION)</p> <p>HOW: Inhale using Ujjayi breath, exhale through alternate nostrils.</p> <p>PREPARATION: Focus on poses emphasizing Exhalation (Forward bends and Twists); prepare the shoulder and neck for prolonged arm holding (while working with nostrils); lengthen Exhalation throughout the practice.</p>

Important considerations:

- Never force the breath, keep the flow of the breath smooth. If it becomes jerky, you are practicing beyond your capacity.
- DO NOT make your inhalation longer than your exhalation, or your retention longer than your exhalation. It's OK if IN+RET > EX
- DO NOT hold the breath for very long. It's more important to lengthen your inhalation and/or exhalation.
- Generally, it is more important to begin with langhana to purify the system and teach it how to eliminate, before you start building.