



THE AIR WE BREATHE: STACEY LEI KRAUSS stacey@staceylei.com

"For breath is life, and if you breathe well you will live long on earth." ~Sanskrit proverb

I've come from Colorado Altitude!

- Denver 5280' above sea level
- Mammoth Lakes CA 7881' above sea level
- St. Mary's Glacier: 10,428' - 10,848' above sea level
- Air contains 20.9% oxygen at all altitudes

Why more O2: Think western physical approach

Healthy cells in the body are aerobic. They require adequate levels of oxygen for cellular respiration and growth. When cells are deprived of oxygen for any reason, decay sets in and cells can mutate or die.

The Value of Letting Go: When in doubt - Exhale it out.

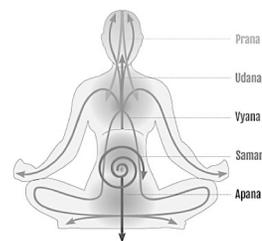
What's wrong with our western, physical approach?!

What is Prana: Think eastern, subtle energy approach

Prana is a Sanskrit word that translates as "vital life force." Prana is believed to flow in and out of the body through the breath; and subdivided into five **Vayus**. (Vayu is Sanskrit for "wind".) Being aware of the individual vayus, and what physical and emotional areas they govern can help you attain optimum physical and emotional wellbeing. Each vayu can be enhanced through specific breathing techniques called **pranayama** ("regulation of the breath").

Using your energy to harness control over Self:

The journey from Pranayama vs Pranamaya



*CAUTION: Proceed with caution under any of the following conditions: if you have any form of heart condition, particularly a recent history of heart attack. If you are experiencing menstruation or pregnancy, if you have high or low blood pressure, fever, bronchitis, pneumonia or asthma, if you are going through radiation or chemotherapy, if you are newly acclimating to high altitude, if you are experiencing a psychological condition, sadness, grief, trauma, anger, anxiety, depression or suicidal feelings.



Enhance Vayu flow: Introduction to 5 types of Pranayama

PRANAYAMA	WHY	HOW TO	NOTES	BEGIN WITH
Bastrika (bellows breath)	Clears obstructions in respiratory system, strengthens nervous system	Lips sealed. Exhale forcefully through your nose. Then, inhale forcefully at the rate of one second per cycle. With each inhale, expand your belly fully as you breathe.	First thing in the morning to get blood pumping. Before a workout Midday slump *read CAUTIONS	20 breaths, then take a 15 second break. Do 3 sets
Kapalbhati (skull shining breath)	Releases stress and toxins	Fill your belly with air about ¾ way full. In a quick motion, forcefully expel all the air from your lungs while drawing your navel in toward your spine. The primary movement is from your diaphragm. Allow your lungs to fill up naturally, with no effort.	In the morning - wake up. Anytime to release stress or tension. *read CAUTIONS	20 breaths, then take a 15 second break. Do 3 sets.
Sura Behdi (right nostril breathing)	Increases sun vitality Enhances digestion, sexual desire	Press the R thumb onto the right nostril. Press the R ring finger onto the left nostril. Inhale through right nostril filling lungs capacity (3-5 seconds) Hold your breath (2-3 seconds) Exhale through the left nostril slowly (3-5 seconds)	In the morning, before exercise. During winter months *read CAUTIONS	5 sets (1 set = both nostrils)
Ujjayi (victorious breath)	Increases the amount of oxygen in the blood. Increases feelings of presence and self-awareness	Inhale through your nose: slightly deeper than normal. Exhale slowly through your nose while constricting the muscles in the back of your throat. “HA” sound in back of your throat (Darth Vader sound)	When agitated to balance the nervous system. During exercise to improve respiratory efficiency *read CAUTIONS	30 breaths - Sometimes used as ongoing part of physical exercise
Anuloma Viloma (alternate nostril breathing)	Balances the two brain hemispheres	Close the R nostril with R thumb. Inhale slowly through the L nostril. Then, close the L nostril with the R ring finger, release thumb from R nostril, exhale through R nostril. Inhale through the R nostril. Close the R with the thumb, release finger from L, and exhale through the L.	Before breakfast meditation session. Also for inducing sleep. *read CAUTIONS	5 sets (1 set = both nostrils)

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BALANCING VAYU CURRENTS

Balancing the vayus while through breath-work promotes physical, intellectual and emotional connection

VAYU	PRANA	APANA	SAMANA	UDANA	VYANA
LOCATION	Head, lungs, heart	Pelvis, lower abdomen	Near navel	Diaphragm, throat	Heart, lungs,
PHYSICAL and EMOTIONAL	Corresponds with intake.; the reception of everything from air to food, from senses to thoughts	Corresponds with digestion, elimination and reproduction, bone health (regulating the absorption and retaining of minerals).	Governs digestion of everything from food to thoughts; absorption assimilation, metabolism, appetite.	Promotes self-expression and growth, respiratory functions, speech and mental functioning (memory, creativity, direction /goals) by supporting the blood movement to the brain.	Responsible for distribution. It moves outward in a circular, pulsating motion. Involved in cardiac activity, circulation and voluntary nervous system.
PRANAYAMA	Bastrica	Kapalbhati	Surya Bhedi	Ujjayi	Anuloma Viloma
FOCUS	Encourage taking things in, accepting goodness and nourishment positive impressions: visualizations and rituals	Release, cleanse expel toxins.	Core bracing: think strength and control. This vayu relates to Manipura (willPower chakra)	Chanting: using voice to express. OM	Heart opening routines prayer, ritual, any activities that give you joy, touch your heart, moves your spirit.
FLOW					

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