

APANA VAYU Downward Current



Grounding, calming and stabilizing, APANA VAYU allows you to find your roots and get grounded. As you EXHALE, you can easily feel this downward wash of energy through your body, especially in the pelvis, legs and feet. Systems energized are eliminatory, reproductive, and urinary.

HELPS: Stress, worry, attachment.

AIDS: Lowering blood pressure, constipation, reproductive, menstrual and menopausal issues, urinary issues.

CORRESPONDS TO: Earth and Water Elements, Root and Navel Chakras.



BHU MUDRA

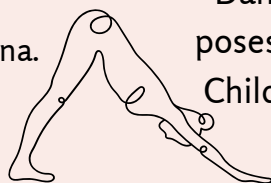
"My Roots Nourish and Support Me."

Index and Middle Fingers Touch the floor out to the sides with straight arms (or touch thigh bones).

Grounds and roots one into the Earth. Allows gentle expansion in pelvic floor. Feeling held & supported. Brings a sense of grounding into frenetic energy.

MORE MUDRAS:

Adhi, Apana, Pranidhana.

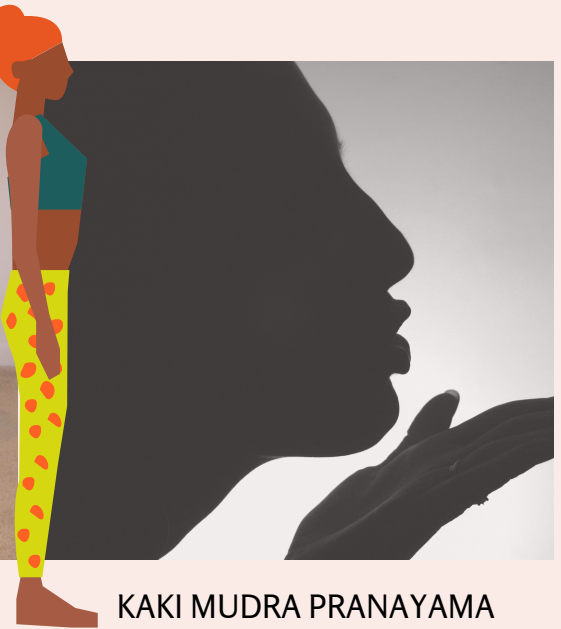


MALASANA SQUAT

Variations: sit on a block, cushion or chair; legs together and straight in Dandasana.

MORE POSTURES:

All Standing & Balancing Poses. Mountain, Dandasana, Warrior poses, Downward Dog, Child pose, Savasana.



KAKI MUDRA PRANAYAMA

Crow Mudra Breath

Take a breath in through both nostrils. Form a 'beak' shape with your mouth. Exhale a long breath out through your beak (almost like blowing a kiss).

Repeat. Very calming. Induces Parasympathetic shift.

(note: if you feel dizzy or light-headed then exhale through the nose instead of the mouth).

MORE PRANAYAMAS:

Simply lengthen each Exhalation.