



# Pranayama Yoga Series

Clear, Calm and Vibrant

with Jennifer Reis



# Workbook



**Five Element**  
Y O G A®

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# Welcome!

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Welcome to Pranayama Five Element Yoga® Series!

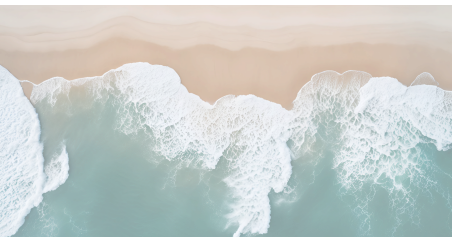
This Workbook has been lovingly crafted just for you. By embracing the wisdom of Yoga, and Eastern traditions, you are opening the door to profound transformation as you weave these practices both onto the mat and into daily life. I am truly honored that you've chosen to journey with me!

Within this Workbook, you'll find cherished practices, tips and helpful information—each designed to guide you gently into balance and connection with your Breath, Energy and Whole Being. My heartfelt wish is that our Five Element Yoga® brings you a greater sense of health, happiness, deep calm and peace.

*Jennifer xo*



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# References

Salutations, blessings and deepest gratitude to all of our teachers, and our teachers' teachers, all the way back to our own ancestors, and Ancient India and Ancient Asia from where this knowledge and inspiration springs!

LePage, Joseph and Lilian. (2013). *Mudras for Healing and Transformation*. Sebastopol, CA: Integrative Yoga Therapy.

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Swanson, Ann. (2019) *Science of Yoga*. Penguin Random House.



About  
Five Element Yoga® &  
Divine Sleep® Yoga Nidra



## Five Element Yoga®

Five Element Yoga® developed by Jennifer Reis in 2007, weaves together the rich traditions of yoga, Ayurveda, Traditional Chinese Medicine, yoga therapy, and nature's wisdom. We are nature! The goal of this practice is balance and harmony within oneself, connecting you with your inner nature and inner rhythms.

According to the ancient wisdom of yoga, Earth, Water, Fire, Air and Ether are the archetypal building blocks that compose everything in the Universe, including nature and the human body. Wellness depends on the balance of these internal five elements. Five Element Yoga® helps you realign your elements to find natural rhythm resulting in increased balance, health, happiness and vitality.

This potent practice invites you to celebrate your body with yoga postures, flow with yogic breathing, revitalize your energy with mudras, detoxify and find inner balance with self-massage, get creative with integration techniques, and find deep rest yoga nidra. It's designed for all levels of students in mine, including beginners.

***Join Jennifer for Five Element Yoga® Teacher Training!***

*40-hr CEs YACEP Certificate Training is open to Everyone.*

*Jennifer's Online Studio: Classes, Workshops, Series and Trainings.*

**CEs YACEP**





# Divine Sleep® Yoga Nidra

There is nothing required but to lie down and listen.

Experience deeper levels of inner peace and health than you ever imagined possible.

Give yourself permission to rest, balance, and restore, tapping into new sources of energy.

Divine Sleep® Yoga Nidra is an inspired guided meditation will awaken your whole being, allowing you to enjoy life fully.

Be supported, held and nourished as you discover profound peace and vibrant health.

## What is Divine Sleep® Yoga Nidra?

Grounded in the wisdom of yoga, proven with evidence-based research, and adapted for modern life, Jennifer's yoga nidra meditations will allow you to find your calm, improve your health, outlook and your sleep.

Divine Sleep® Yoga Nidra is a guided meditation that systematically guides you through each level of being including your physical, energetic, mental, emotional and spiritual layers that are known as the five koshas.

Through the use of relaxation, breath awareness, body sensing, nature imagery, and soothing music, Divine Sleep® invites you to connect at each level, without asking you to change or 'fix' anything. This is true meditation - there is nothing to do but to notice with gentle awareness all that you feel and discover within yourself as it arises. This practice supports you to feel empowered and whole exactly as you are now: it reveals your deepest wisdom and wholeness to you.

Jennifer's celebrated style of science and creativity offers a practical practice you can use daily to restore your body, health and energy, calm your mind and emotions, and achieve better sleep.

**20-minutes of yoga nidra can feel like  
2-3 hours of sleep!**



# Divine Sleep® Yoga Nidra

## Five Kosha Levels of Being

The *koshas* are an ancient map of the human being from the Upanishads 700-500 BCE, India. Each koshic level is a doorway that opens you to your next level, helping you connect with your Whole Self.



## Practicing Divine Sleep® Yoga Nidra

All you need to do is lie down and listen! Get comfy with pillow and blankets. Practice can be done at anytime of day or night (if you are practicing right after a meal, then either sit up or lie on your left side to support your digestion). 12-45 minutes is all that is required. (Listen in bed when practicing to the 'Insomnia' track to put you to sleep!)

## Yoga Nidra Research

Stanford, UCLA, Yale, Harvard, Walter Reed Army Med Center, Ohio State University, Medical College of Ohio, Banaras University and other reputable research institutions, show that regular practice of yoga nidra meditation offers a viable means of prevention, and reversal of numerous ailments and illnesses including cardiovascular, stress-related illness, chronic pain, and psychosomatic conditions. Yoga nidra can strengthen the immune system, regulate high blood pressure, balance flight or fight, assist endocrine system, and improve sleep and aid insomnia. Yoga nidra supports all stress related illness which accounts for 99% of illness today. (studies from pubmed.com).

## Practice with Jennifer:

- **Divine Sleep® Yoga Nidra Teacher Training** Live-Online
  - 40-hr Certificate Training >>>open to Everyone!
- **Live-Online Studio:** CLASSES, WORKSHOPS, SERIES, & TRAININGS
- **Retreats** at Kripalu Center (in-person)

# Savasana

## Resting Pose

**Savasana means 'corpse pose' implying you're trying to get as relaxed and comfortable as is possible!**



The earliest mention of this asana is found in the yogic text [Hatha Yoga Pradipika](#), dating 1350 CE, by Nath Yogi Swatmarama:

*"Lying full length on the back like a corpse is called Savasana. With this asana, tiredness caused by other asanas is eliminated; it also promotes calmness of the mind."*

Relaxation is a doorway to your bliss state. Savasana pose will help open that door! What is important is to find comfort in Your Body and the props and supports that You need now, which will change over time.

Savasana pose is supine, simply lying on your back on a yoga mat or blanket. You can modify it with numerous props. You can practice side lying position for pregnancy, snoring, discomfort, or to soothe coughing. Lying on your left side helps keep your uterus off of your liver. Sleeping on the left side also improves circulation to your heart and allows for the best blood flow to the fetus, uterus, and kidneys.

You can also practice Savasana in a seated posture. Whether you choose to keep your eyes open or closed is always an option. The important thing is to give yourself permission to do what feels most comfortable for you in the moment and to change position anytime you need to.

Make sure your body feels supported, comfortable, and warm, as the body cools down when you become relaxed and the nervous system shifts into parasympathetic mode. "Swaddling" yourself like a baby with blankets, cushions, and bolsters can create a weight on your body, helping you to feel and sense the outline of your body and keeping you feeling more grounded rather than light and floating. Be experimental with props and try different ways each time. If you're lying supine on your back, try to keep all props symmetrical.

# Savasana

Resting Pose: Optional Props





# About Pranayama

- Pranayama Science
- Nadi Energy Streams
- Vayu Energy Currents

# PRANAYAMA

## ‘Breath Expansion & Control’

Pranayama means ‘breath expansion and control’. Breath is the bridge between the physical and the energy bodies. Observing the natural breathing patterns offers a window that allows us to see into the energy body. And practicing specific pranayama breathing techniques physically and energetically helps to re-train, regulate, and direct prana to increase flow.



### Effects of Pranayama

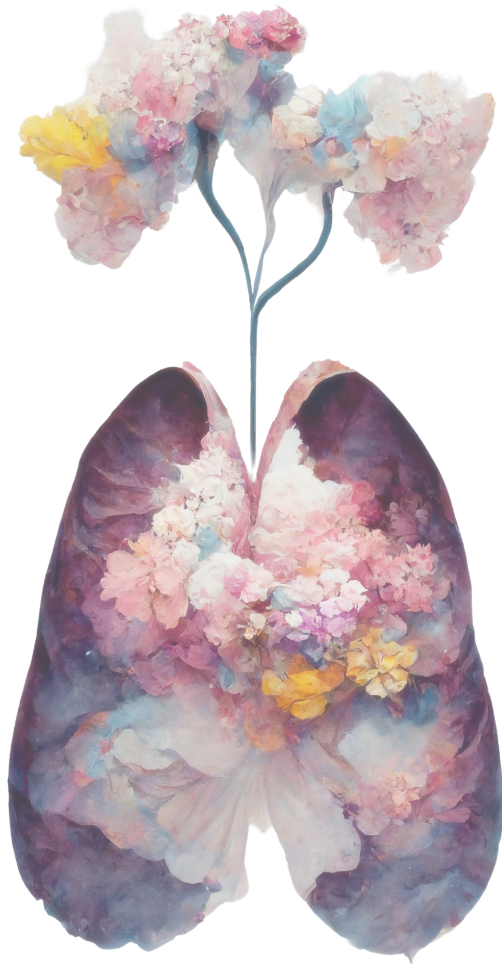
- creates and cultivates better breath rhythms and patterns
- increases the level of vital energy and one’s energetic capacity
- strengthens the force of vital energy in the systems of the body
- unblock and move stagnant energy, creating circulation through the body
- can improve overall health, well-being, mood, outlook and concentration
- strengthens respiratory muscles making lungs more elastic resulting in healthier respiratory system
- more oxygen can be absorbed because the respiratory system becomes more efficient
- specific pranayamas are CALMING, while others are BALANCING and others INVIGORATING

***“The purpose of pranayama is not to learn how to breathe or even breathe better, but to awaken the inherent energy, the power of prana, within.”***

~ Swami Niranjananda Saraswati

# PRANAYAMA

## *‘Breath Expansion & Control’*



### **General Contraindications for Pranayama**

(contraindications refer to specific health or physical conditions that make certain practices unsuitable or unsafe for an individual):

- **Cardiovascular Conditions:** People with uncontrolled hypertension or serious heart problems should avoid intense or stimulating and invigorating pranayama.
- **Pregnancy:** Certain techniques involving breath retention (Kumbhaka) or strong abdominal contractions (Kapalabhati) should be avoided during pregnancy.
- **Faintness or Dizziness:** Discontinue practice immediately if dizziness, lightheadedness, or discomfort occurs.
- **Recent Surgery:** Avoid practices that put pressure on the abdomen or lungs, especially after surgeries involving the chest, abdomen, or respiratory system.
- **Mental Health Conditions:** Intense techniques may not be suitable for individuals with severe anxiety, panic disorders, or other mental health concerns.
- **Empty or Full Stomach:** Avoid pranayama on a full stomach or during extreme hunger, as it may cause discomfort or nausea.

# PRANAYAMA

## *The Science*



### **Inhale and Exhale**

With each inhalation, blood is directed to your heart and lungs, supporting their vital functions. Baroreceptors detect the rise in pressure, triggering a brief increase in sympathetic active-mode activity. During exhalation, the heart relaxes slightly as parasympathetic passive-mode activity increases. This is why extending your exhalation during pranayama practice promotes a calming, relaxing effect.

### **Nasal Cycle**

Each nostril dominates the air flow in what is called nasal cycle. One nostril will feel more open for between 30 minutes to 4 hours, then it will switch to the other nostril.

### **Left and Right Balance**

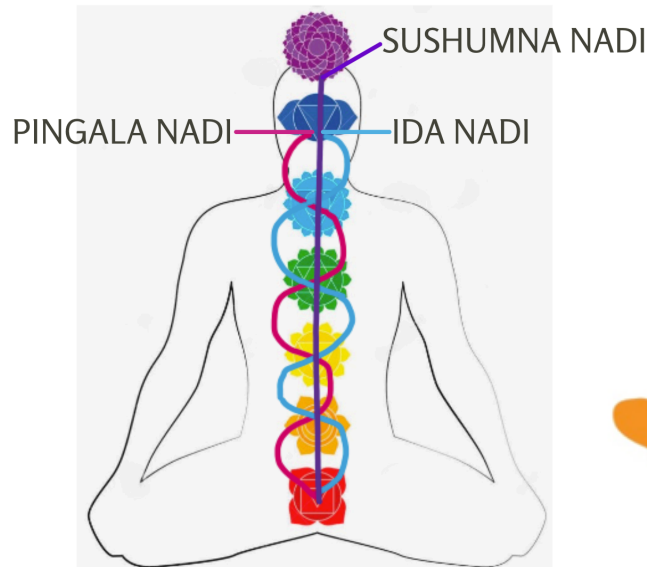
The nostrils are influenced by the opposite hemispheres of the brain: the right nostril is connected to the left hemisphere, and the left nostril to the right hemisphere. This connection suggests that breathing through the right nostril may activate the sympathetic nervous system, promoting an active state, while breathing through the left nostril may engage the parasympathetic nervous system, encouraging relaxation. While evidence on this is mixed, the question remains: how does it affect you?

### **Researched Effects of Pranayama**

- Can help regulate the pain response.
- Decreases stress, improve sleep quality, and lower anxiety and overwhelm
- Increases mindfulness (awareness of present moment)
- Boosts lung function: improves strength of muscles and soft tissues used in Respiratory system, corrects abnormal breathing patterns, and can improve pulmonary function.
- Reduces high blood pressure
- Reduces cigarette cravings Bock BC, Dunsiger SI, Rosen RK 2019;21
- Helps manage psychosomatic disorders



# Nadi: Energy Streams *for Balance*



The three main Nadi energy streams are called Ida, Pingala and Sushumna originate at the Root Chakra. Sushumna travels straight upward towards the crown. Ida and Pingala criss-cross like snakes as they flow upward through the spinal passage and end in the 3rd Eye Chakra.

Ida represents the feminine, restorative, calming and cooling mode, governing the Left nostril and Left side of the body. Pingala represents the masculine, active, warming mode, governing the Right nostril and the Right side of the body. Alternate nostril breathing techniques are directly working to activate Ida and Pingala.

The center channel Sushumna is said to open to activation only at sunrise, noon, sunset, and midnight; or when Ida and Pingala are balanced.

Ida and Pingala are polarities that are opposite, yet interdependent and complimentary to each other, together bringing harmony and balance to body-mind. They are accessible to us through the nostrils and by practicing restorative or active modes to stimulate each. Ida and Pingala are represented by the two petals of Ajna 3rd Eye Chakra.

# IDA/YIN - PINGALA/YANG

## *Restorative - Active Modes*



**Ida Nadi**  
*Restorative Channel*

- Governs Left nostril and Left side of the body,
- Right brain hemisphere.
- Feminine, restorative, healing, calming, and cooling.
- Yin
- Negative polarity.
- Parasympathetic nervous system.
- Introversion.
- Lunar force.
- Nighttime hours most active.
- Chitta (consciousness)
- Imagination, subconscious.
- Subjective
- Sattwa (balanced)
- Blue

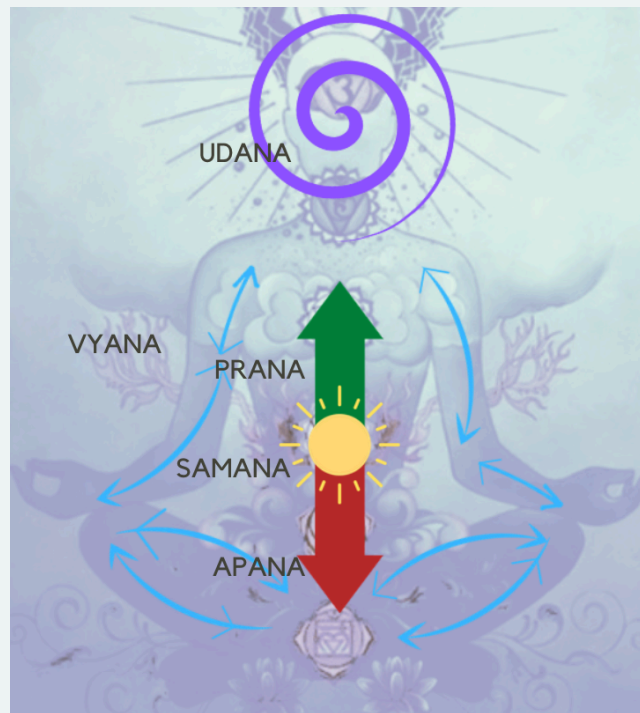


**Pingala Nadi**  
*Active Channel*

- Governs Right nostril and Right side of the body.
- Left brain hemisphere.
- Masculine, active, stimulating, dynamic, exerting, and warming.
- Yang
- Positive polarity.
- Sympathetic nervous system.
- Extroversion.
- Solar force.
- Daylight hours most active.
- Prana
- Logic, conscious.
- Objective
- Rajas (activity)
- Red

# PRANA VAYU

## *Currents of Energy*



Vayu means wind or current. According to yoga philosophy, prana life-force energy travels in the body, elements, and mind, through five currents or fields called the *Pancha Pranas* or *Prana Vayus*. The human body has five prana vayu currents that are flowing and active all the time. The vayus can be felt with your breath and especially on inhalation and exhalation.

Each vayu has a unique directional current as well as body area that it governs. Vayus nourish specific systems of the body and there is a direct relationship between the health of the vayu and physical wellness or illness of that system. For example, eliminatory or reproductive health issues are related to the health of the downward flow of Apana Vayu which can be felt as you exhale.

The first step to working with the vayus is to begin to feel and sense each one in order to increase consciousness. Balanced vayus will feel like full, smooth, free and flowing energy. You may notice the vayus as sensations, feelings of flow, stagnancy or blockage, breath moving, colors, sounds, images and other awarenesses. Be open to what you experience and notice as it will be unique to you.

# PRANA VAYU

## Chart

Vayu	Location and Direction	Function
<b>Apana Vayu</b>	<ul style="list-style-type: none"> <li>• Downward flowing</li> <li>• Exhalation</li> <li>• From navel to perineum</li> </ul>	Eliminatory, urinary, and reproductive systems. Earth & Water Elements. 1 <sup>st</sup> & 2 <sup>nd</sup> Chakras.
<b>Prana Vayu</b>	<ul style="list-style-type: none"> <li>• Upward flowing</li> <li>• Inhalation</li> <li>• From navel to chest</li> </ul>	Cardiovascular, respiratory, and immune systems. Vitality, <u>heart</u> and lung health. Air Element. 4 <sup>th</sup> Chakra.
<b>Samana Vayu</b>	<ul style="list-style-type: none"> <li>• Accordion-like flow</li> <li>• Inhale outward - Exhale into Solar center</li> <li>• Navel to Solar plexus</li> </ul>	Digestive system. Balances Prana and Apana Vayus. Fire Element. 3 <sup>rd</sup> Chakra.
<b>Udana Vayu</b>	<ul style="list-style-type: none"> <li>• Upward from collar bones and circulating through head</li> <li>• Inhale upward – Exhale through head and senses</li> </ul>	Endocrine, central nervous system, and immune systems. Brain and sense organs. Ether and beyond Elements. 5 <sup>th</sup> & 6 <sup>th</sup> Chakras
<b>Vyana Vayu</b>	<ul style="list-style-type: none"> <li>• Expanding globally</li> <li>• Inhale to navel – Exhale through limbs</li> <li>• Entire body</li> </ul>	Circulatory, lymphatic, and peripheral nervous system. Ether & Water Elements. 2 <sup>nd</sup> & 5 <sup>th</sup> Chakras.

Prana Vayus can facilitate greater ease and health in your body, yoga postures, breathing and energy, and in your life! Activating vayu currents helps to nourish every system of the body to increasing energetic availability and flow in your fields and raising the potential for health and vitality of organs and systems.

A big bonus is that working with prana vayus in yoga practice gives direction to your breath, and focuses your attention within your postures in a new way as you connect with the energetic blueprint of the subtle flows. This Chart will help you to understand Vayu activity within the energy and physical bodies.



## Pranayama for

- CALM
- BALANCE
- VITALITY

# PRANAYAMA

## *Guidelines*



**By following these guidelines, you can approach pranayama safely and effectively, unlocking its transformative potential with patience and dedication.**

### **Preparation**

It is best to practice on an empty stomach, ideally 3-4 hours after a meal. Choose a quiet, well-ventilated space where you can remain undisturbed.

- Sit in a comfortable and upright position, either on the floor in a cross-legged posture or on a chair with your feet flat on the ground. Ensure that your spine remains lengthened.
- You may also wish to practice pranayama in rhythmic movement and yoga poses or flows.

### **Breathing**

Breathing during pranayama should primarily be done through the nose unless a specific technique requires otherwise. Begin each session with natural, relaxed breathing to calm your mind and prepare your body. When practicing specific techniques, maintain a steady and controlled rhythm, avoiding strain or forcing.

### **Progress Gradually**

Start with foundational techniques like Diaphragmatic breathing to build awareness and capacity. Only progress to more advanced practices such as Kapalabhati when you are comfortable with controlling your breath.

### **Listen to Your Body**

Pay close attention to how your body feels during practice. Discontinue immediately if you experience discomfort, dizziness, or shortness of breath. Pranayama should feel nourishing and energizing, not overwhelming or exhausting. Always work within your current limits and avoid overexertion. Try softer if it feels like too much, as often we are over doing it without realizing it.

### **Health Considerations**

If you have health concerns such as heart conditions, high blood pressure, or respiratory issues, consult a qualified teacher or healthcare provider before starting pranayama. Pregnant individuals and those menstruating should avoid intense techniques unless guided by an expert. It is crucial to choose practices that align with your physical and mental well-being.

# PRANAYAMA

## *for Calm*



### **Balloon Breath (Abdominal or Diaphragmatic Breath)**

- Press tongue onto the roof of the mouth, half an inch back from front teeth (optional).
- Place your hand(s) on your belly if you like.
- Imagine a balloon in your belly, perhaps of a relaxing color. Breathe in and to expand your navel wide with breath.
- Then exhale completely to empty the 'balloon' in your belly, gently drawing your navel towards your spine to squeeze it out.
- Exhale longer than you Inhale.
- Breathe through your nose like this for 1 minute or longer. ~ Induces Parasympathetic relaxation-bliss shift.



### **Dirgha Pranayama - 3-Part Breath**

Place one palm on your belly, and the other on your chest. Take a few deepened breaths, breathing through the nose only. Then:

- INHALE 1/3 of your breath into your BELLY.
- Smoothly INHALE inhale 1/3 of your breath into your CHEST.
- Continue to INHALE the last 1/3 of your breath into the COLLARBONE region.
- EXHALE slowly from collarbones, ribs, then belly.
- Repeat.

Practice Dirgha in yoga postures, rhythmic movement, or on its own in seated posture. Helps you to use more of the lungs and strengthens all of the breathing areas in the entire torso for improved breathing.



### **Kaki - Crow Mudra Breath**

- With pursed lips almost like blowing through a straw, EXHALE slowly.
- INHALE through the nose into the belly.
- Repeat several more times.

*\*Note: If you feel dizzy or light-headed then practice Balloon Breath instead.*

# PRANAYAMA

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## *for Calm*



### **Chandra Anuloma Viloma**

Close RIGHT nostril with thumb, then INHALE and EXHALE normally through the LEFT nostril only.

(You may wish to place your pointer and middle fingers in the point between the brows for added relaxation and 'mind clearing').

- Cooling, Sedating, Soothing.



### **Chandra Bhedana**

Close your RIGHT nostril with your thumb and INHALE through your LEFT nostril. Then close your left nostril with your ring finger and EXHALE slowly through your right nostril. Repeat this cycle for several breaths. (You may wish to place your pointer and middle fingers in the point between the brows for added relaxation and 'mind clearing').

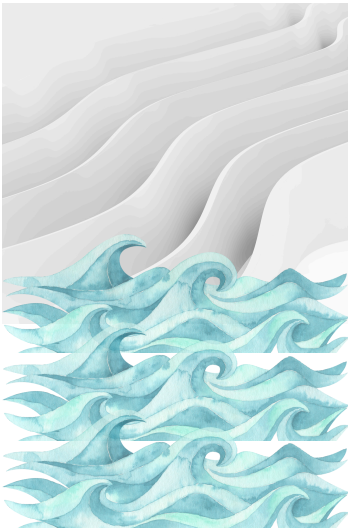
- Stimulates the parasympathetic nervous system, increasing calm, healing, restorative, energy.
- Shift into 'rest and digest' healing mode throughout mind, body and all systems, by activating the Ida Nadi (lunar energy channel).



# PRANAYAMA

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## *for Balance*



### 'UJJAYI PRANAYAMA Ocean Victorious Breath

Gently constrict the throat to produce a soft, ocean-like sound during inhalation and exhalation, promoting calm and focus. Softly warming. 'Victory' in this breath is over the fluctuations of the mind, and the breath as Ujjayi controls both the speed and volume of the breath.

- On both inhale and exhale, contract the epiglottis in the trachea creating the signature hissing sound (think ocean or Darth Vader).

Although warming and activating, Ujjayi induces subtle states of mind. Baro receptors on the carotid arteries at the back of the throat measure blood pressure. With Ujjayi, the perception is that the blood pressure is higher from the contracting. This sends messages to the brain and heart that in turn *reduces the overall blood pressure.* blood pressure is and Vagus Nerve activated in the carotid sheath.



### ANAPANA SATI Observation of the Natural Breath

Simply notice the breath as it travels in and out without deepening or altering the breath in any way.

# PRANAYAMA

## *for Balance*

### Nadi Shodhana - Alternate Nostril Breath

Index and Middle fingertips rest between the brows on the 3rd Eye Point, also known as Nasagra Mudra.



- Use your Right thumb to close your nostril.
- Inhale through your Left nostril, then close the Left nostril with your Ring finger.
- Release the thumb and exhale through the Right nostril.
- Inhale Right nostril, then close this nostril.
- Release Left nostril and exhale through the left side.

This is one cycle. Try 10 cycles or more, and notice how this helps to make you feel alert and relaxed. This breath balances the right nostril which governs the 'active' Pingala Nadi, with the left nostril governing 'restorative' Ida Nadi, for autonomic nervous system and nadi balance. (Nadis are 'little streams' meaning the energy channels).

### Quadrant Breathing



Breathing into each of the four quadrants of the lungs brings greater awareness to the different areas of the lungs and surrounding tissues and sensations. As you focus on one quadrant at a time, softly breathe into it, noticing what there is to feel.

Try Quadrant Breathing for a few breaths in each quadrant on the chest or front body. Then do the same focusing on the breaths in the back body:

1. Top of Right Lung.
2. Bottom of Right Lung.
3. Top of Left Lung.
4. Bottom of Left Lung.

### Krama Pranayama - Step Breathing



This is similar to 3-Part Breath but adds Kumbaka holding along the way:

- INHALE 1/3rd of your breath and PAUSE.
- INHALE 1/3rd more of your breath and PAUSE.
- INHALE final 1/3rd of your breath and PAUSE.
- EXHALE all of the breath out slowly.

Continue for 1 minute or longer. Helps to isolate three areas of the torso and lungs to breathe deeper.

*\*If it is uncomfortable to pause the breath then either forego this breath or make pauses very brief so that it feels comfortable.*

# PRANAYAMA

## *for Vitality*

### GENERAL CONTRAINDICATIONS for VITALITY PRANAYAMA due to its potentially stimulating nature:

Heart disease, unmedicated high blood pressure, stroke, recent abdominal surgery, injury, pregnancy, anxiety or panic attacks. These pranayamas may increase menses flow when menstruating.



#### Suryanuloma Viloma

Close LEFT nostril with right ring finger or other finger, and INHALE and EXHALE normally through the RIGHT nostril only.

- Warming, activating, rejuvenating.



#### Sūrya Bhedana

Close your LEFT nostril with your ring finger and INHALE through your RIGHT nostril. Then close your right nostril with your thumb and EXHALE slowly through your left nostril. Repeat this cycle for several breaths.

- Stimulates the sympathetic nervous system, increasing warmth, energy and focus.
- Enhances digestion and metabolism by activating the Pingala Nadi (solar energy channel).

\*Caution: hypertension or heart conditions due to its stimulating effects.



**HA-HA-HA**

#### Hara Breathing

There are numerous variations of Hara breath from rapid laughing 'HA' sounds, to closed mouth Kapalabati through nostrils. These are known as cleansing 'kriyas' that activate the Hara center in the navel.

- Diaphragm and abdominal core strengthening.
  - Blood flow to brain is amplified.
  - Warming, rejuvenating, purifying and cleansing.
- > Hands on belly, INHALE through the nose and EXHALE 'HA' sound.
- Empty Coat Sleeves - Twisting side to side like your arms are empty coat sleeves using 'HA' breath.
  - Pulling Prana - Inhale arms up overhead and exhale 'HA' as you pull your hands towards belly.
  - Arm Movements in numerous poses or rhythms with 'HA' breath.
- > INHALE as you squeeze shoulders upward towards ears and EXHALE 'HA' as you drop the shoulders. Begin with slow repetitions that get faster and faster. (fun - sounds like laughter!)

# PRANAYAMA

## for Vitality



### THORACIC BREATHING 'PRANAVAYU' PRANAYAMA

Breathe into ribs and chest slowly as you **INHALE**. **EXHALE** naturally.

- Notice the upward feeling of flow and energy: this is the Pranavayu.
- Good for Immune System, Heart, Lungs, depression and sluggishness.

*\*Caution: if there is anxiety it could increase with this breath.*



### 'VYANA VAYU' PRANAYAMA

**INHALE** to your center. **EXHALE** outward to periphery and through limbs. Repeat.

- This breath helps to circulate your energy and awareness.
- Good for Circulatory, Lymphatic and Nervous Systems.
- Can be done seated, standing or in yoga poses as shown in the picture.



### 'SAMANA' PRANAYAMA

**INHALE** into entire body (arms out to sides like image). **EXHALE** into Solar Center (bring fingertips to solar center).

- Warming, revitalizing, empowering.
- Activates Agni digestive fire for better digestion and assimilation.
- Can be practiced seated, standing, in yoga postures, with or without arm movements.



### SIMHASANA Lion

Stick your tongue out and look softly towards 3rd Eye between brows, and open your fingers wide like claws. Give a long, soft **LION** roar! Repeat three times.

- Good for tensions in the jaws, tongue and face.
- Can help to foster clear expression and using the voice.



### KAPALABHATI PRANAYAMA Skull Shining Breath

**EXHALE** forcefully through the nostrils like you are blowing out a candle through your nostrils by contracting navel inward towards the spine. The **INHALE** is relaxed and will happen on its own by softening the belly after the exhale. Repeat.

- Good for
- *\*Caution: Do not practice if you have cardiovascular issues, recent abdominal surgery or injury or for pregnancy.*

# PRANAYAMA

## *for Vitality*

### **Brahmari - Queen Bumblebee Breath**

INHALE through the nose. As you EXHALE keep the mouth closed, and make a high pitched humming sound through your throat and sinuses. Repeat 3-9 rounds. Then sit quietly and notice what you feel. (Advanced: Also INHALE the humming sound). Research shows this pranayama can lower heart rate, blood pressure and anxiety.



- This sound is said to resonate with the mind frequency, and in turn serves to harmonize the mind and nervous system.
- Activates Vagus Nerve in the throat, ears, head, and brainstem.
- Good for calming a busy mind and for stress.
- You may also like to try 'Yoni Mudra' to bring senses inward with Brahmari shown in picture.

### **KUMBAKA**

Kumbhaka, the practice of breath retention, is a powerful pranayama technique that enhances focus and deepens the connection between body and mind. By pausing between inhalation and exhalation, it helps regulate energy flow and promotes a meditative state. Practicing Kumbhaka requires mindfulness and gradual progression to avoid strain or discomfort.



INHALE fully through the nose, filling your lungs completely, and gently hold your breath for a comfortable duration without strain. EXHALE slowly and fully, allowing your body to relax before beginning the next cycle. Repeat if desired. (Advanced: use Root and Throat Locks *Bandhas*).

EXHALE completely, hollowing belly out. Gently hold your breath for a comfortable duration without strain. INHALE naturally when you are ready, allowing your body to relax before beginning the next cycle. Repeat if desired.

- Can enhance oxygen absorption and stimulate prana flow to increase vitality.
- Can improve mental clarity, concentration and mindfulness.
- Can reduce stress and worry by calming the mind.
- Creates a meditative and calming effect.





# Rhythmic Movement & Yoga Postures with Breath



# Guidelines

## for practicing Five Element Yoga®

### Give Yourself Permission

Make sure everything you do feels good for you during your practice. Give yourself permission to alter and adapt this practice to make it feel just right each moment. That includes use of props or resting at any time. Take time to integrate after your practice by drawing, journaling, sitting quietly, or other ways that help you to reflect on what you felt and discovered.

#### How to Practice

- Breathe deeply, but comfortably: 3-Part Breath (belly, ribs, collarbones).
- Move your body in the rhythm of your breath.
- Flow with slowness, grace and ease, never pushing.
- Rest when you need to.
- Repeat circles, rotations, movements numerous times slowly with awareness.

#### When to Practice

You may like to practice **any time of day** (except right after a meal because you're digesting). Good practice times are:

- Upon awakening
- Before lunch
- Before dinner
- After work
- Before bed
- TAKE YOGA BREAKS - 1-5 minute practice breaks throughout your day!

### Cultivating Your Practice

- You can create your own practice flows with this Workbook!
- You can practice short to longer sessions of 1-minute to over an hour, or anything in between. Practicing for even ONE MINUTE will help your health, happiness and vital energy. Regularity of practice will have the most potent affect.
- YOGA BREAKS: You may like to take shorter breaks throughout your day by setting a timer/app every hour or so, to remind you that its PRACTICE TIME!





# Warm Ups

Coordinating your breath and movement together will help you to warm up your joints, tendons and connective tissues helping you to become more flexible and warmed up. These movements help your liver to de-congest and clear waste from your body. You will nourish and increase energy flows through your whole body.



## JOINT CIRCLES

Both sides of the body at the same time, circle and rotate all the pairs of joints in the body, in both directions. You can try Joint Circles Seated, Standing or <sup>Ribs</sup>Supine lying on your back. <sup>Wrists</sup>

- Ankles
- Knees
- Hips
- Shoulders
- Elbows
- Neck (slow and gentle in 1/2 circles)



## SWIMMING MOVEMENTS

Imagine you are SWIMMING! Try from standing, sitting, or lying on your back or on your belly swim these strokes in coordination with your Breath and feel yourself flow:

- Back stroke
- Front crawl
- Side stroke
- Breast stroke



## BODY SHAKING

Shake your body like a dog shaking water off! Thump your heels into the Earth to feel the reverberations. Shake your arms over head. Shake your tongue. Shake for 1 minute or more. Great for decongesting the Liver. Helps the energy to flow.



## SWIMMING DRAGON

From standing or sitting, and hands in prayer pose, imagine that you are Seaweed or a dragon through your spine. Wave your prayer hands side to side to get your spine to begin to also wave side to side. Wave side to side like a genie through your whole body! Opens ribs and side channels: Liver and Gallbladder.

# Chest & Upper Body



## GODDESS SOMATIC BREATH

Arms in Cactus (option to do this with back and arms pressed against the wall, or lying on your back on the floor to keep alignment squared).

*\*Keep elbows at the same height as your shoulders at all times.*

- EXHALE: Slowly lower one hand forward, not forcing it too far > it will NOT touch the wall or floor when shoulder is properly in position.
- INHALE: Slowly raise hand up again.
- Look straight forward, or turn head to look towards direction of moving arm.

Try 5-10 repetitions with each side alternating SLOWLY.

## QUARTER CIRCLE BREATH

Begin with arms by sides. Allow breath to be the metronome for the slow movement of the arms breathing in this pattern:

1. INHALE slowly arms out to sides in T-pose.
2. EXHALE arms up overhead with palms facing towards each other.
3. INHALE arms to T-pose.
4. EXHALE arms to sides.

Repeat for 3 or more cycles. When arms are overhead the hands can remain shoulder width apart for comfort.

**Opposite Breath:** Try it with arm movement the same but the breath opposite:

1. EXHALE slowly arms out to sides in T-pose.
2. INHALE arms up overhead with palms facing towards each other.
3. EXHALE arms to T-pose.
4. INHALE arms to sides.



# Chest & Upper Body

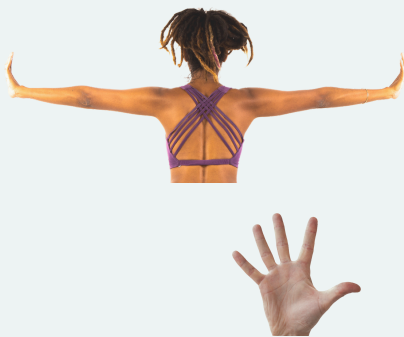
Awakening, stretching and strengthening the Chest and Upper Body including shoulders, upper back and neck helps us to breathe more fully and with greater awareness. You may like to practice these movements from Standing or Sitting. Go very slowly to feel every sensation of movement. Coordinate your movement with deep breathing.



## ALL TIE ARM STRETCHES

Hold a yoga tie or belt keeping your wrists very straight - try not to bend them. Keep shoulders down and away from the ears as best you can.

- Arc side to side slowly.
- Twist one way and the other.
- Keeping hands wide apart on the tie, bring arms up overhead and behind you. Then reach arms up overhead again, and forward to your thighs.



## WALL CIRCLES

Reach arms into T-position out to the sides as though you could touch the walls. Try 10-20 repetitions in both directions with all or any of these movements:

- WAVE HANDS: open fingers wide and WAVE like you are cleaning a spot on the wall.
  - POINT FINGERS DOWNWARD and WAVE HANDS.
- SMALL ARM CIRCLES: open fingers wide with heels of the hands pressed towards the walls and make small circles with straight arms that are about 5".
  - ARM CIRCLES a bit wider: try 10" circles.

## CLEAN UNDER THE TABLE - UPPER BACK STRENGTHENER

Elbows into the waist, palms face upward:

- Exhale: bring pinky fingers towards each other.
- Inhale: keep elbows into waist and imagining you are cleaning the underside of the table, sweep your hands back, drawing your SHOULDER BLADES gently towards each other and down your back.



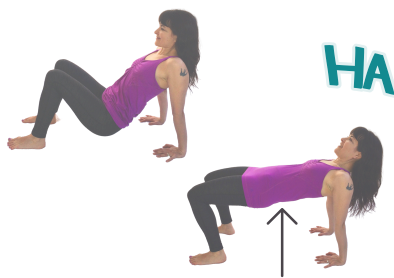
# Rhythmic Movement & Breath

Rhythmic Movement & Breath will awaken your energy, breath and your Lungs! Your Chi - Prana vital life force will move and disperse to decongest and revitalize you.

HOW TO: Inhale through your NOSE and Exhale through your MOUTH.

TRY: 5-12 repetitions of any of these moves at the pace that feels good for you.

OPTION: Exhale 'HA!' sound powered by your navel energy hara center.



## CRAB LIFTS

Begin seated on the floor with knees bent and hands behind you - fingers point towards you or away, or up on your fists to keep wrists straight.

- Take a deep breath in.
- Exhale through mouth - options to exhale 'HA' sound as you lift hips straight up into the air into Reverse Table Pose (head can safely go back if that feels good for you).
- Inhale lower hips to the floor.



## LUNG MERIDIAN TAPS

Make loose fists. Gently tap the side of the chest, just underneath the collar bone, close to the shoulders. Swing your arms to get the momentum going rather than using the strength of the muscles to tap - it should feel effortless and fun! This activates Lung 1 and 2 energy points to help strengthen and regulate health in the lungs, breath, and immune and respiratory systems.

Options:

- Use open palms instead of fist; or bring all the fingertips together in a pointed 'beak' to tap.
- As you swing your arms: Twist through the torso; or stay focused forward; or swing arms forward and back instead of to the sides.



## SCISSOR SWING KICKS

Sweep your straight legs out to the sides as you exhale. Activates and warms up pelvis, hips and the legs: inside of the legs (Liver Meridian and adductors) and outside of the legs (Gallbladder Meridian and abductors).

# Rhythmic Movement & Breath



## BREATH OF JOY

- INHALE through the nose: touch opposite shoulders with hands.
- INHALE: open arms wide like wings.
- INHALE: arms overhead touching all fingertips together.
- EXHALE: 'HA' as you bend knees, leaning forward, sweeping arms behind you like a skier, letting all the air out. Let your head go, looking between the knees. (Option: if you can't lower head below heart, or for dizziness, place hands on your knees to keep head up).
- Continue repeating 5-10 times. Fun and joyous!



## PALMTREE POSE TALASANA with PRANA MUDRA

INHALE lift up onto tip-toes and reach your arms out to the sides and up overhead (or bend elbows to Cactus arms). Point your 'peace' fingers upward for *Prana Mudra* to help lift energy upward like a Tree in the Air Element.

Pause here, holding your breath in gently *kumbaka*. (only if that feels good for you).

EXHALE and lower heels and arms down together slowly, placing palms on heart center to rest. Try two more repetitions imagining that you are a geyser, uplifted into the air!  
Great for lungs and breath expansion



## GODDESS PULSE

Straight legs wide apart with feet pointing 45° towards corners of the room:

- INHALE sweep arms overhead touching opposite elbows.
- EXHALE bend knees into Goddess legs and sweep arms outward in a large circle, then down in front of belly clasp opposite elbows.

# Sun Salutation

BEGIN WITH MOUNTAIN POSE & CONTINUE COUNTER-CLOCKWISE

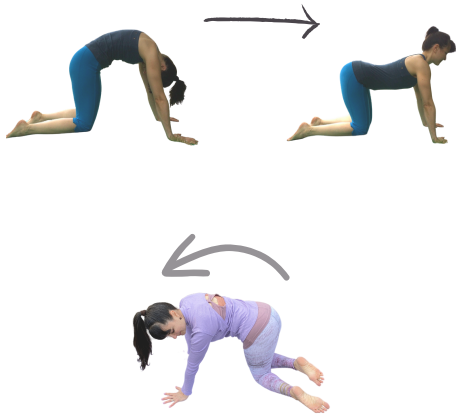
Let your breath set the pace for your movements: breathe deeply and move slowly with your breath. Listen to your body and make modifications to make this posture flow feel just right for you. Benefits are that it moves lymph, blood and loosens any congestion or tightness throughout joints and connective tissues throughout your whole body. Sun Salutations get your energy to flow unblocking stagnancy.

Option: Exhale VOWEL SOUNDS A-E-I-O-U aloud.



# Flowing Movement with Breath

## CAT & DOG Variations



- **WAVE or CAT & DOG:** Exhale round your spine - Inhale lift tail and chest. Continue slowly with breath rhythm.
- **LATERAL CAT WAGS:** Tail, spine and head side to side, lifting feet and swiveling to left side, looking over left shoulder, INHALE in Right ribs. Move back to center, then repeat on the other side. Continue to flow in more repetitions.
- **BARREL ROLL:** Roll torso from belly button around in circles slowly one way and then the other way (not shown here).

## PUSHING OCEAN WAVES



Standing with legs straight and Right foot pointed forward, and back foot pointed out to the side (like for Side Warrior pose) and palms shoulder height.

EXHALE: Imagine you are pushing ocean waves back into the ocean as you bend your Right knee and reach arms forward. INHALE: hands flow in an oval shape downward towards the ground and softly back up to starting position at shoulder height.

Repeat cycle on both sides 3 times or more.



## WING CIRCLES

1. Standing with Right foot pointed forward, and back foot pointed out to the side (like for Side Warrior pose) and palms shoulder height, with arms overhead, or in bent Cactus arms.
2. EXHALE Warrior Wing Circles: Make a circle as you draw elbows towards waist in a 'W' shape, floating arms toward the floor.
3. INHALE Cross wrists near forward leg and float arms up overhead to starting position.

Repeat cycle on both sides 3 times or more.

# Flowing Movement with Breath

## SEPARATING HEAVEN & EARTH Variation



1. Starting Position: Feet hip-distance apart with legs straight, hold a 'ball' of energy in front of solar area with Left palm facing upward near navel, and Right palm downward in front of heart space.
2. EXHALE: Right palm faces upward, reaching upward through the heel of the hand, while reaching Left palm facing downward to the ground to separate Heaven and Earth.
  - a. You can reach upper arm towards sky, or gently arc to the side as in photo.
3. INHALE: Spiral in a big circle arms outward, then back to your solar area with the Right hand in front of navel, and Left hand in front of your heart space.

Now you're in position to do the same flow on the other side (each up through Left palm, Right palm pushes down towards the ground). Continue 3 or more slow repetitions.

## TWISTING PRAYER



1. Starting Position: Stand with feet wide apart and toes pointing outward about 45' and hands in Prayer-Anjali Mudra.
2. EXHALE: Bend your Right knee over your ankle (not over your toes).
3. Twist hands, arms and shoulders in the direction of the bent knee.
4. Gently turn head the other direction. Feel the wringing action and twisting action through the whole spine, neck and ribs and lungs.
5. INHALE: Back to the starting position.

Continue with 3 or more repetitions.

\*Movements 2-4 happen all at the same time in a soft flow with breath. Try not to over-twist or over-do by only going into it about 70% of what is possible for your body.

Options:

- Place feet hip distance apart, or sit on a chair or cushion.



# Yoga Postures with Breath

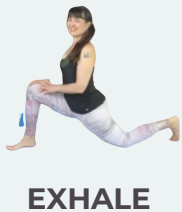


## **PULSING WARRIOR** Virabhadrasana Variation

**Starting Pose:** INHALE Step Right foot back to touch the right edge of the mat to keep feet hip-distance apart, legs straight and arms overhead in a big 'V' shape with palms apart.

**Warrior Prayer Pose:** EXHALE palms together in Anjali Mudra in front of the heart space as you bend Right knee over the ankle. INHALE arms back up as legs straighten like scissors closing.

Repeat this flow several times slowly with breath. Practice on the other side.



## **Heart Warrior Sweeps**

**Starting Pose:** EXHALE Anjaneyasana kneeling warrior, or Warrior Standing pose, with hands on knee or heart center middle of the chest.

**Anjaney Sweep:** INHALE Sweep one arm gracefully back as you look back.

EXHALE forward again, hands on chest or knee.

Repeat this flow with slow repetitions. Practice on the other side. (look forward the entire time if looking back makes you feel dizzy or you lose your balance).



## **Warrior Shoulder Flow**

1. INHALE Step Right foot back to touch the right edge of the mat to keep feet hip-distance apart, Left leg bends with knee directly above the ankle. Lean forward with hands on knee, or arms in line with the ears and angle of the spine with palms apart.
2. EXHALE Sweep arms gracefully down near hips, gently drawing shoulder blades together.

Continue more repetitions of 1-2. Practice on the other side.

optional: 3. INHALE lean forward as you lift back foot and leg into Flying Warrior. Arms straight by ears or bent elbows in prayer pose. Hold pose, but keep breathing!

# Yoga Postures with Breath



## GODDESS with BEAR TWISTS

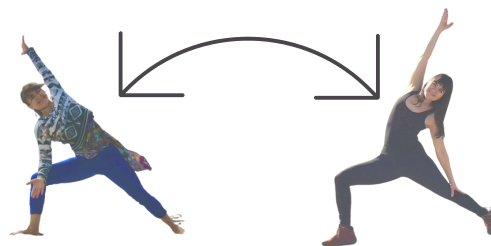
Feet very wide apart and point towards the corners of the room, begin with hands on hips pulsing upward and downward and bending the knees to the rhythm of your breath to loosen joints and warm up legs. Then, sink into Goddess Pose, pressing knees wider and further back with arms in cactus pose. Place hands on knees or thighs. As you Exhale, reach shoulder towards opposite knee, looking over your shoulder. Inhale and slowly come back to center. Exhale to the other side. You can make this as gentle or intense as feels good for your body.

## WIDE LEG DYNAMIC TWIST

Stand with feet wide apart and toes slightly pigeon-toed inward. Exhale as you reach hand to opposite leg touching thigh, knee, shin or ankle, while sweeping the other hand up into the air and look upward unless it makes you feel dizzy. To switch sides, sweep top arm down towards opposite leg, lifting the other arm to it's arms and continue slowly with 3-5 repetitions.

Options:

- Sit on the floor with legs wide apart.
- Place upward hand on low back or head instead of reaching arm straight upward.



## DANCING WARRIOR - LATERAL ANGLE

Feet wide apart with forward foot pointing straight, and back foot at a 35' angle, bend the forward knee 90' so that the knee is directly over the ankle and not over the toes.

1. LATERAL ANGLE: Bend elbow and place on forward knee. Make arm circles with back arm. Rest in the pose with arm near upper ear, making a long angle between back foot and lifted arm.
2. DANCING WARRIOR: Sweep back arm and hand down to rest on back straight leg and lift forward arm up to the sky. Option: arc back.

# Yoga Postures with Breath

## DYNAMIC TWIST



Sit kneeling on heels, knee stand, or any seated pose. Hands are interlaced behind the head. Exhale and reach elbow towards the opposite knee. Inhale SLOWLY sit straight back up. Exhale other side. Continue slowly with 3-5 repetitions.

Options:

- Sit on a prop or chair or straighten legs.
- Straighten arm and touch hand to knee rather than the elbow for gentler approach.

## Z-POSE TWIST Saithalyasana



Sit in 'Z-Pose' with arm back to support your body to lift upward. Place hand on opposite shoulder or upper trap.

1. INHALE lengthen crown towards sky.
2. EXHALE slowly and gently twist back, looking over shoulder, and reaching hand on the floor further back.
3. INHALE SLOWLY forward again.

Continue with 3-5 slow repetitions with your breath on each side. Options: Sit on a prop, on a chair, or straighten legs.

## PUSHING WAVES WHEEL FORWARD BEND

Janushirshasana or Paschimottonasana



Sit on the edge of a folded blanket or cushion. Right leg is straight with foot flexed. Left leg is bent with optional prop under the knee and foot touches inseam of Right leg.

INHALE: Reach arms up overhead.

EXHALE: Lean forward and as though you were pushing waves back into the ocean press palms outward.

INHALE: Touch leg with hands and massage stroke upward to hip crease.

Repeat several times. Practice the other leg forward. You can also practice with both legs straight.

# Yoga Postures with Breath

## COBRA Bhujangasana



Place palms underneath your shoulders, tuck elbows in and roll shoulders down and away from ears. Press pubic bone down, lengthen through crown, and slowly peel upward, keeping elbows BENT 90° (do not straighten arms in this pose). Option: place cushion under hips and lift up with greater buoyancy!

*~Reverses slouching curve, expands breath in the lungs, opens heartspace.*

## BOAT POSE Navasana



Lying Prone on your belly, arms out 45° from hips with palms facing downward, legs close together - press downward through tail and pubic bone and as you Inhale lift up! You can lift head, chest and all limbs, or play with lifting only legs or only arms. Float up and down with Inhale-Exhale, or hold pose and fill your chest with deep breaths.

Option: Vamanasana Pose - spread arms and legs wide apart like a starfish

*~Strengthens whole back body: back of the neck, upper back, whole back, gluts, back of the legs.*



## DOG-TO-CHILD FLOW

- INHALE Table Pose
- EXHALE Downward Dog
- INHALE Table Pose
- EXHALE Child Pose
- INHALE Table Pose

Move through several rounds of this flow. You may also like to chant AUM on the EXHALATIONS.

# Yoga Postures with Breath



## SUPINE DIAMOND LIFTS

Resting on your back, elbows bent in cactus arms (or straight arms closer to your hips), knees wide apart to create diamond shape.

EXHALE: lift hips upward into the air (this is a small lift).  
INHALE: lower hips down again.

Continue with several repetitions.



## BRIDGE ROLLS OR LIFTS

Resting on your back, arms along side body near hips, knees bent with feet close together but not touching with feet parallel.

EXHALE: slowly roll or lift hips upward into the air.  
INHALE: roll or lower hips down again.

Continue with several repetitions.



## ROCK'N'ROLL

Side to Side: Resting on your back, holding knee caps, gently rock knees to one side, then slowly to the other side, head rolling opposite knees.

Back to Front: Hold the backs of the knees and rock forward to back, tucking your chin in, coordinating your breath by INHALING one direction and EXHALING the other direction.



## KNEE DOWN TWIST ROTATIONS

In Knee-Down Twist, circle top KNEE-LEG around in slow circles in one direction and then the other.

Options:

- Set knee down and circle the ARM-SHOULDER like a clock in slow circles one way, and then the other.





# Worksheets for Reflection & Integration



# Breathing Reflections

During each of our 6 Sessions notice your breath qualities such as: deep, shallow, restricted, free, open, fast, medium, slow, easy, difficult, jagged, smooth, strained, calming, soothing, etc.

Also notice location you feel your breath: front, chest, ribs, belly, back, shoulder blades, ribs on back, low back, right side, left side, limbs, whole body, nostril dominance, etc.

Jot down what you noticed either during your practice or just after.

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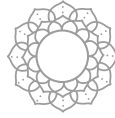
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# Pranayama Breathing Favs

Which Pranayamas do you like best right now and why? How do they make you feel? What shifts do you notice?

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# Quadrant Breath Awareness

Breathing into each of the four quadrants of the lungs brings greater awareness to the different areas of the lungs and surrounding tissues and sensations. As you focus on one quadrant at a time, softly breathe into it, noticing what there is to feel.

Try Quadrant Breathing for a few breaths in each quadrant on the chest or front body. Then do the same focusing on the breaths in the back body:

1. Top of Right Lung.
2. Bottom of Right Lung.
3. Top of Left Lung.
4. Bottom of Left Lung.

Write or draw what you feel when you breathe into each quadrant below.



# My Vayu Currents Reflections

During your practice notice your Vayu Currents and either during your practice or after, jot down what you noticed.

APANA VAYU downward flowing current. What I notice is...

PRANA VAYU upward flowing current. What I notice is...

SAMANA VAYU solar pulsating current. What I notice is...

VYANA VAYU circulating current. What I notice is...

UDANA VAYU head circulating current. What I notice is...

# Your Heart's Intention: Sankalpa

1. Sit quietly with your hands on your heart. Go inward and ask, "What is my Heart's Deepest Wish?" (e.g.: *To feel connection with myself and others*).
2. State your Heart's Intention out loud as though it's already true, with positive words, in present tense.
3. Write your Heart's Intention Statement on the lines below.
4. Draw colors, images, symbols that feel like, or express your Heart's Intention Statement below.

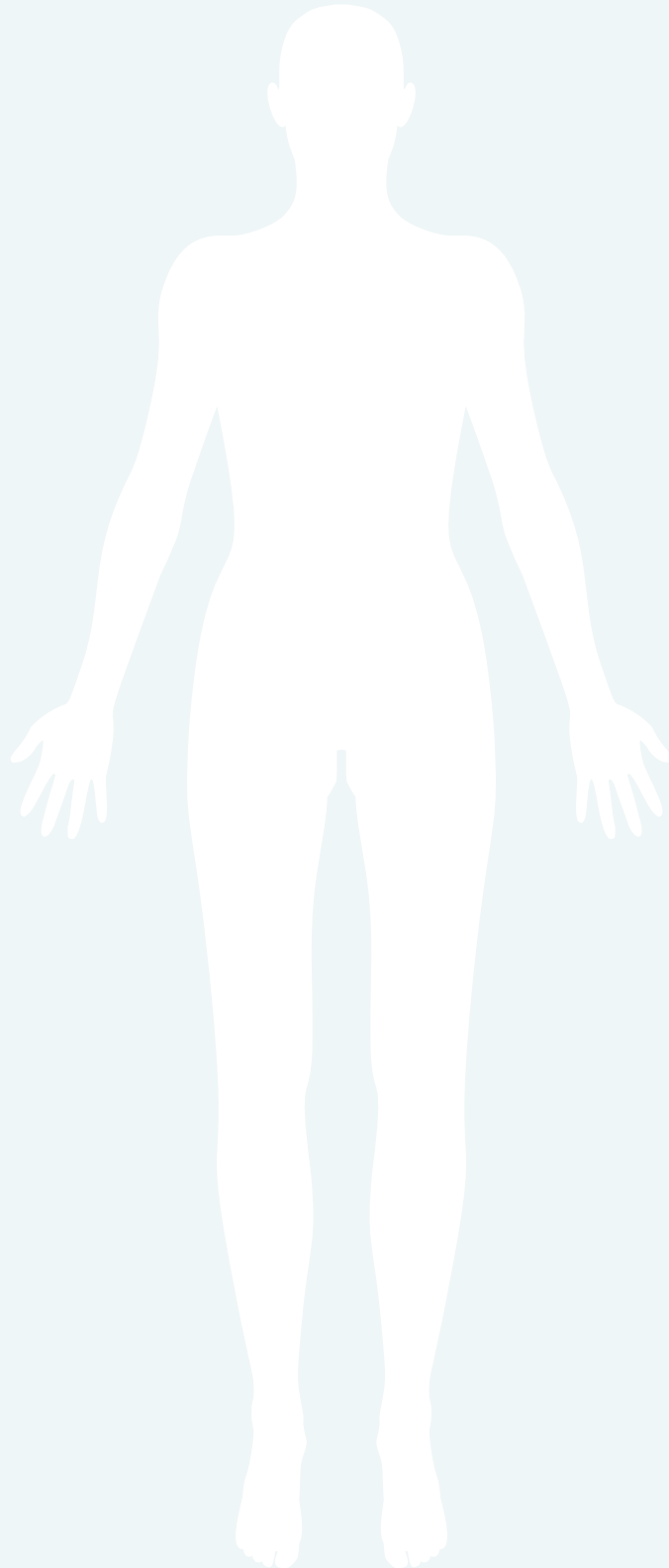
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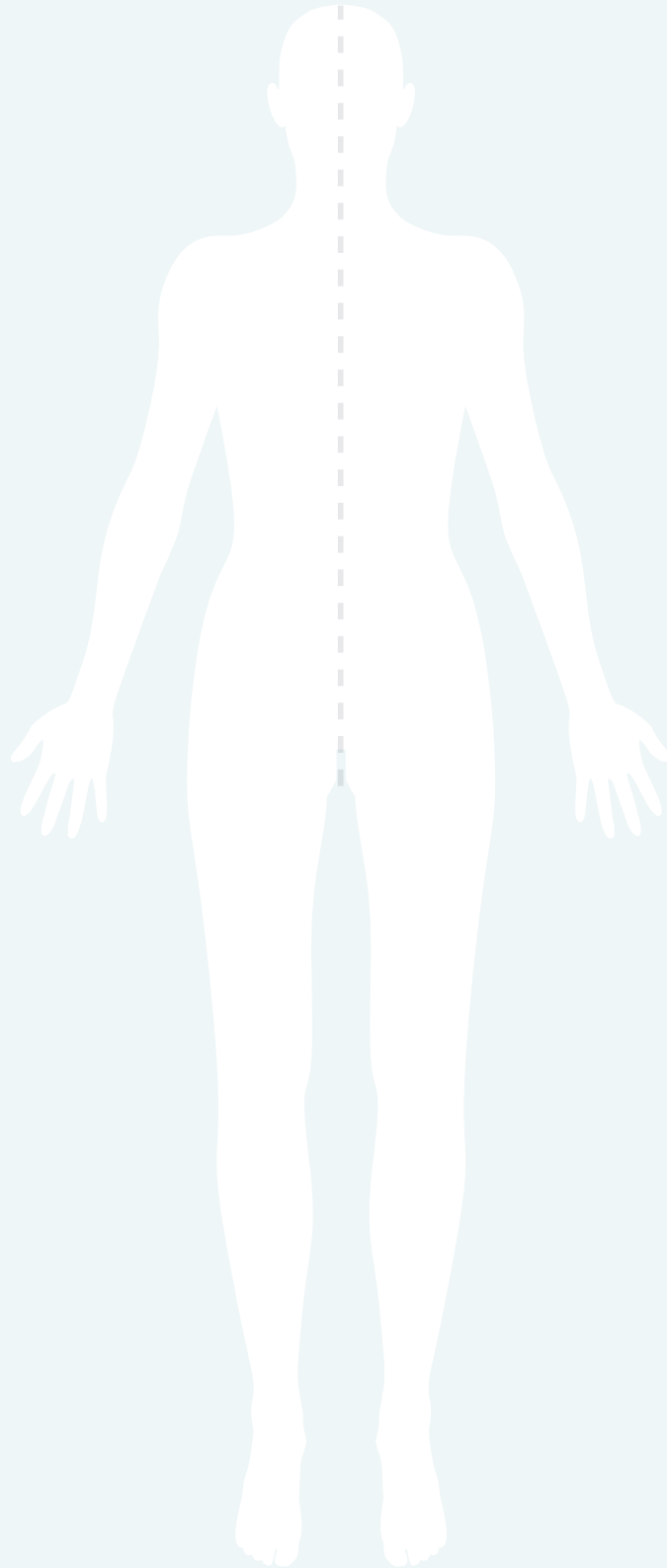
# Body Map

After yoga practice, take some time to draw with color on this Body Map what you noticed in your body.  
Feel free to draw out of the lines - your energy body is also outside of the physical body.



# Ida-Pingala Body Map

After yoga practice, or in your daily life, notice the Left side of your body (Ida-Restorative-Yin) and the Right side of your body (Pingala-Active-Yang). Map out what you noticed here with color.



# Mandala

After practice, take some time to draw in this circle Mandala to help you reflect on how you feel right now in a non-verbal way. Crayons, colored pencils, markers, pastels or other mediums. After you are done, Title your creation.

Mandala Title: \_\_\_\_\_



# My Visions

Draw, Write, List, Diagram Your Visions, Wishes and Hopes...







# REFLECTIONS

What I noticed in my practice and in my body today was...

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# Stress Reflections

Begin to notice when you feel stress rising within you. Each day for a week or more, jot it down on this tracker or in your journal, your stress experiences. Avoid getting into the ‘story’ of what stressed you. This will help you to begin to become more aware of what causes stress for you.

Stress is often unavoidable, however, the more we are conscious of it, and our responses to stress, the less flooding, dictating or overwhelming it can become for us. Plus, there are numerous tools in this workbook to help you shift out of stress and back into ease that by practicing them regularly each day, you will remember to practice them also before or during a stressor.

## SOURCES OF STRESS

Date/ Time	Stress Level 0-10	What was I doing?	How did it feel in my body?

# REFLECTIONS

What I Noticed in My  
BODY - MIND - FEELINGS - WISDOM During Practice





# Bliss Moments



When you notice something BEAUTIFUL, when something makes you SMILE, let this BLISS MOMENT FILL your whole body and mind! And keep this feeling inside of you for 1 minute or more.

1. Begin to LOOK FOR and SEEK BLISS MOMENTS more often.
2. Write your BLISS MOMENTS below at the end of the day. Keep this running list.
3. Read your BLISS MOMENTS when you need inspiration or joy:

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# My Favorite Yoga Practices



I FEEL \_\_\_\_\_

# Self-Care Intentions

If there were no obstacles to my self-care practices, I would love to...

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# My Practice Now



Date:

Today's Affirmation

Where I am at Now

What I want to Focus on

Practices I Want To Include Now

How I Want to Feel



# My Practice Intentions

What I would like more of:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What helps me:

Blank space for writing what helps with practice.

Habits that hinder me:

Blank space for writing habits that hinder practice.

My Wisest Self speaks and says...

Large blank space for writing the message from the wisest self.



# Daily Practice



Date: \_\_\_\_\_

Today's intention:

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Things that I'm grateful for today:

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Before my yoga practice, I noticed:

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After my yoga practice, I noticed:

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# Reflections



My favourite yoga practice now:

My practice helps me to:

The best part of my practice is:

When I practice, I feel:

