

Grounding & Centering Pranayama Practice

This is an advanced practice for long-term practitioners of pranyama

Round	Exhale						# of times
	Inhale	Retain	1/2	Inhale	Retain	Exhale	
1	6	3	3	6	3	12	1
2	6	4	3	6	4	12	1
3	6	5	3	6	5	12	2
4	6	6	3	6	6	12	3
5	6	3	3	6	3	12	2
6	6	0	3	6	0	12	1

Notes:

- > Sit quietly and do a few minutes of deep breathing through the central channel
- > Use a metronome or count silently
- > *Don't strain any portion of the breath*
- > If the ratios lead to strain, speed the count and/or use shorter and exhales
- > *Stop if you feel lightheaded, dizzy or winded, or if you develop a headache*
- > *Consult your healthcare physician before beginning this or any regulated breathing practice*

