

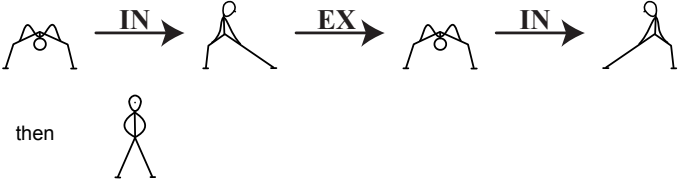
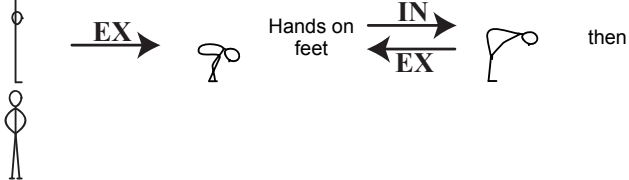
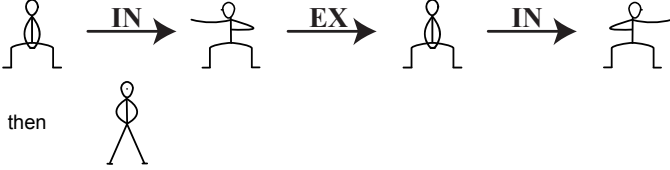




Regulate your physiology: Standing Five Vayus practice

1		<p>BELLY BREATHING. To become aware of the energetic center of the body. IN/EX: 6 sec. Stay for 6 breaths.</p>	<p>Stand with your feet hip-distance apart. Place your hands on your belly. Keep your attention in your belly. IN: Expand your abdomen. EX: Hug your abdomen in.</p>
2		<p>PRANA VAYU (INTAKE): CHAIR POSE / ARDHA UTKATASANA. To take fresh new energy in. IN/EX: 6 sec. Repeat 6x, then stand with your hands on your belly for 2 breaths.</p>	<p>Begin standing with both arms extended up. EX: Contract your abdomen, lower yourself into a squat, while placing your hands on top of each other and pressing them down. IN: Lift back up into the starting position, sweep your arms out and up. Flare out the bottom part of your rib cage.</p>
3		<p>SAMANA VAYU (PROCESSING): WIDE-LEGGED SQUAT / PRASARITA PADOTTANASANA. To process and absorb new energy. IN/EX: 6 sec. Repeat 6x, then stand with your hands on your belly for 2 breaths.</p>	<p>Begin standing with your feet wide apart, knees bent, upper body leaning forward and hands on your thighs. IN: Extend your left leg and lift your upper body up, look at your left foot. EX: Bend both knees and lean forward, pull your belly in. IN: Extend your right leg and lift your upper body up, look at your right foot. EX: Bend both knees and lean forward, pull your belly in. Continue, alternating sides.</p>
4		<p>APANA VAYU (DISCHARGE): ARDHA UTKATASANA/ UTKATASANA. To anchor through the feet and move waste downward. IN/EX: 6 sec. Repeat 6x, then stand with your hands on your belly for 2 breaths.</p>	<p>Begin standing with both arms extended up. EX: Contract your abdomen, bend your knees and place your chest over the thighs. Put your hands on your feet. IN: Lift your chest up, extend your legs and inflate your belly. EX: Pull your belly in, bend your knees, place your chest back down over your thighs and press your hands down into your feet.</p>
5		<p>VAYANA VAYU (DISTRIBUTION): WARRIOR GODDESS POSE. To distribute nourishment throughout the body. IN/EX: 6 sec. Repeat 6x, then stand with your hands on your belly for 2 breaths.</p>	<p>Begin standing with your feet wide apart, knees bent, arms extended forward and chin tucked in. IN: Move your right arm out as you trace it with your left hand and pull your right arm and left elbow away from each other. Widen your chest, lift your chin and move your knees further apart. EX: Move both arms forward, tracing your right arm with your left hand, and tuck your chin in. Continue, alternating sides.</p>
6		<p>UDANA VAYU (GROWTH): TADASANA HEEL RAISES. To facilitate growth. IN/EX: 6 sec. Repeat 6x, stay for 6 breaths.</p>	<p>Begin standing with your feet hip distance apart. EX: Bend your knees slightly and hinge forward at your hips, arms by your knees. IN: Extend your legs and lift up on the balls of your feet, raise your arms up into Y-shape. Repeat 6x, then stay up on your toes for 6 breaths. IN: Lengthen upwards. EX: Hug your waist in.</p>
7		<p>DEEP BREATHING: MOUNTAIN POSE / TADASANA. To feel energy movement within the body. IN/EX: 6 sec. Stay for 6 breaths.</p>	<p>Stand with your feet hip-distance apart, arms by your sides. IN: Expand outwards away from the center. EX: Hug your abdomen in.</p>