

Subtle Yoga: Going Deeper with the Vayus

PRANA VAYU Inward Flow		Responsible for the respiratory system and the inward flow of sensory information.	Emphasis on the inhale as if you're pulling energy in through all the sensory openings in the head (nose, eyes, ears). Hold the breath at the 3rd eye. Visualize a bright white. Exhale: Allow the energy to flow throughout the head and senses.	Asanas: chest openers, back bends, e.g. Cat / Cow pose, Camel pose
SAMANA VAYU Centering Flow		Responsible for the absorption/digestion of nutrients from food/information/experience received from Prana, converts it to energy.	Pull the breath and energy to the navel centre, contracting the abdomen. Hold the breath allowing the energy to concentrate, finding your centre, "hugging yourself" on the inside. Exhale, allow the energy to flow wherever is needed.	Asanas: forward bends, abdominal twists, Trikonasana (Triangle pose), Kapalabhati (Breath of Fire)
APANA VAYU Downward and Outward Flow		Responsible for elimination and reproduction, located at the root below the navel. Helps to release what we need to discard; stress, negative thinking, other people's stuff, toxins, impurities etc.	Draw the inhale in from above the crown of the head, down the spine to the root. Gently hold the breath at the root, gathering all that needs to be released. Release with the exhale, down the legs, out the feet into the ground. Gently hold at the end of the exhale.	Asanas: Apanasana (Knee to chest pose), Salabhasana (Locust pose), Malasana (Garland pose)
VYANA VAYU Expanding Flow		Responsible for the circulatory system; circulates the energy generated by Samana Vayu throughout the body; supports the flow of energy outwards as well as the receiving of energy at the heart.	Focus on inhalation and feeling of expansion. Place the hands on your chest, fingertips on sternum. Inhale: Spread the arms out, expanding from the centre out into the periphery, filling up the lungs; hold 2 seconds; Exhale: Place the hands back on your chest; keep your focus at the heart centre.	Asanas: Surya Namaskar (Sun Salutation), Vinyasa (flow)
UDANA VAYU Upward Moving Flow		Responsible for the nervous system as well as growth on the physical and energetic levels. Located in the throat between the mind and the heart.	Focus is on both inhale and extended exhale. Inhale through an open mouth with the attention at sensations in the throat. Visualize a blue green colour. Exhale: Hum or Chant OM, feel the vibrations in the throat.	Asanas: Matsyandrasana (Fish pose), Tadasana (Mountain pose), Mantra chanting, humming, toning

