

20 Minute Prāṇāyāma Practice focused on Pūraka without Kumbhaka



Ascent:

Anuloma Ujjāyī Technique with 8.0.16.0. Ratio/Length for 8 Breaths

Crown:

Pratiloma Ujjāyī Technique with 16.0.16.0. Ratio/Length for 16 Breaths

Descent:

Anuloma Ujjāyī Technique with 8.0.12.0. Ratio/Length for 8 Breaths

Closing:

Ujjāyī Technique with 4.0.4.0. Ratio/Length for 4 Breaths

Completion:

Drop the breath and remain with the experience for 5 minutes