



Design a Prāṇāyāma practice for yourself to include:

Śītalī, Anuloma Ujjāyī and Nāḍī Śodhana

Utilising:

- Combining progressive and transitional Ratios
- Using a Vinyāsa Krama with both steps up to a crown and down
- The number of breaths totalling between 36 and 48