



Primary Prāṇāyāma Techniques as taught by Krishnamacharya and Desikachar

1. Primary Prāṇāyāma Techniques

Anuloma Ujjāyī

- Inhale or Pūraka both Nostrils with Ujjāyī Throat Control
- Alternate Nostril Exhale (Starting with Left)

Viloma Ujjāyī

- Alternate Nostril Inhale (Starting with Left)
- Exhale or Recaka both Nostrils with Ujjāyī Throat Control

Pratiloma Ujjāyī

- Inhale both Nostrils with Ujjāyī Throat Control
 - Left Nostril Exhale
 - Left Nostril Inhale
- Exhale both Nostrils with Ujjāyī Throat Control
- Inhale both Nostrils with Ujjāyī Throat Control
 - Right Nostril Exhale
 - Right Nostril Inhale
- Exhale both Nostrils with Ujjāyī Throat Control

Sūrya Bhedana

- Right Nostril Inhale
- Left Nostril Exhale

Nāḍī Śodhana

- Left Nostril Inhale
- Right Nostril Exhale
- Right Nostril Inhale
- Left Nostril Exhale

2. Secondary Prāṇāyāma Techniques

Bhastrikā

- Fast Single Nostril Abdominal Breathing
- Changing Nostril after every Inhale (Starting with Left)

Śitalī

- Mouth Inhale through Tubed Tongue whilst Raising Head
- Lowering Head whilst Holding the Breath or Antar Kumbhaka
 - Exhale both Nostrils with Ujjāyī Throat Control

Sītkārī

- Mouth Inhale with hissing sound over Tongue between slightly opened teeth whilst Raising Head
- Lowering Head whilst Holding the Breath or Antar Kumbhaka
 - Exhale both Nostrils with Ujjāyī Throat Control

Candra Bhedana

- Left Nostril Inhale
- Right Nostril Exhale

Bhrāmārī

- Inhale and/or Exhale through both Nostrils with Humming Sound

3. Ancillary Breathing Techniques

Ujjāyī

- Inhale both Nostrils with Ujjāyī Throat Control
- Exhale both Nostrils with Ujjāyī Throat Control

(Not taught as a Prāṇāyāma technique per se, but as a breathing technique in and for Āsana and Mudrā and as an introductory or preliminary or transitional seated breathing exercise)

Kapālabhāti

- Fast Abdominal Breathing

(Technically a Kriyā so used on its own before or in Āsana, or in Mudrā or as a seated preliminary technique before Prāṇāyāma or as an introductory step towards Bhastrikā)