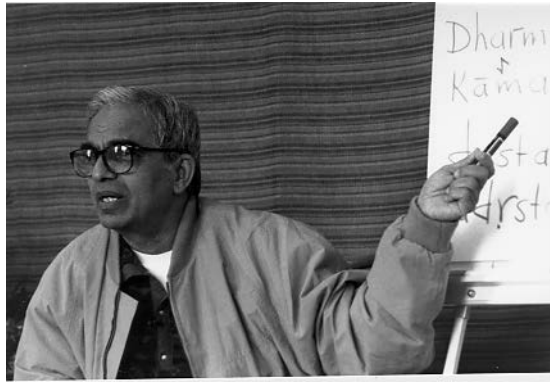


Religiousness in Yoga - Chapter by Chapter Study Guide



Chapter 9 Practice: The Practical Aspects of Prāṇāyāma - Pages 117-131

1. Introduction P117
 - Safety
 - Observation
 - Respect

2. Posture P117
 - Comfortable
 - Erect

3. Type P117-118
 - Free
 - Pūraka
 - Recaka
 - Kumbhaka

4. Ratio P118-119
 - Samavṛtti Ratio
 - Samavṛtti Ratio with Mantra
 - Viṣamavṛtti Ratio

5. **Technique P119-123**

- Ujjāyī for Āsana
- Anuloma Ujjāyī
- Pratiloma Ujjāyī
- Nāḍī Śodhana
- Mṛgi Mudrā
- Śītalī
- Kapālabhāti
- Bhastrikā

6. **Building a ratio P123-125**

- First Establish Inhale and Exhale before using Holds
- Using Vinyāsa Krama day to day to lengthen
- Using Vinyāsa Krama within each days practice
- Using Counterpose in the Ratio

7. **Attitude P125-126**

- Mental attitude very important
- Directional Breathing on Inhale and Exhale
- Beginners just follow movement of the Breath in the Body
- Or Beginners follow Breath at point of Entry/Exit in the Body
- Following the Breath by its Sound
- Ratio and Techniques are a Means to follow the Breath
- Following the Breath prepares for Dhyāna

8. **Question on Using Nostril and Throat Restriction P126**

- Don't use both at same moment.

9. **Question on Diaphragm and whilst using the Breath P126-127**

- Linking the Diaphragm to the Phases of the Breath

10. Question on Diaphragm during Bahya Kumbhaka P127
 - Contracting the Diaphragm
11. Question on Mixing Foci during Prāṇāyāma P127-128
 - Counting the Number of Breaths
 - Point of Attention Linked to Type of Ratio
12. Question on Following the Natural Movement of the Breath P128
 - Either Involvement in or Witnessing the Flow of the Breath
13. Question on Counting during the Antar Kumbhaka P128-129
 - Using Mantra during Antar Kumbhaka
 - Using a finger beat to Count
14. Question on Counting and Prāṇāyāma P129
 - Number, Type and Ratio a means not a Final Goal
15. Question on Bahya Kumbhaka P129-130
 - Usually more difficult than Antar Kumbhaka
16. Question on Relationship Between Components of the Breath P130
 - Using numbers in Ratios
 - Effect of Bahya Kumbhaka on Exhalation
 - Minimum of Six to Eight Breaths for Each Step
17. Question on Prāṇāyāma and Āsana P130-131
 - Prāṇāyāma as a separate Practice to Āsana
18. Question on Preparing for a Difficult Ratio in Prāṇāyāma P131
 - Some Preparation always necessary
 - Don't over prepare with Strenuous Āsana

19. Question on Prāṇāyāma after Āsana P131

- Better to do Prāṇāyāma after Āsana
- There are some Exceptions