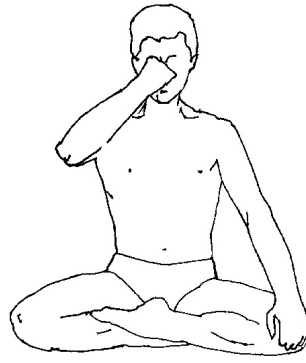
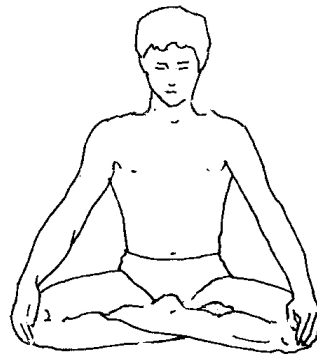


Seated Prāṇāyāma Practice focused on Sūkṣma Bhāvana rather than Dīrgha Bhāvana

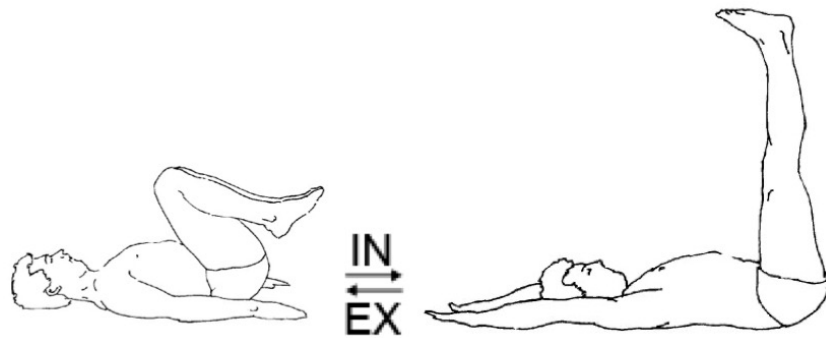


Firstly Nāḍī Śodhana 1.0.2.0. for 80 Breaths  
Then Ujjāyī 1.0.1.0 for 4 Breaths



Releasing the Breath Sit in Soft Silence for around 10 minutes

Then Lie Down and use movement in Āsana with Soft Ujjāyī as a transition



Firstly Repeating Ūrdhva Prasṛta Pādāsana 4 times Dynamically



Then Repeating Dvi Pāda Piṭham 4 times Dynamically



Finally Easy Resting in Śavāsana for 1-2 Minutes