



Pranayama Techniques

Description

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The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.

Purchase

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Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.

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Anatomy of the Spine: Spinal Regions & Vertebrae

In this lesson, we introduce the anatomy of the spine.

Sanskrit: Introduction

In this lesson, we introduce the Sanskrit language.

My Courses

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Koshas / Panchamayakosha Model: Introduction & Overview

In this lesson, we introduce the kosha model as a way of describing human beings and mapping our experience of the self.

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History

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Origins & Sources of Yoga

In this lesson, we introduce the source texts of yoga.

Subtle Body Foundations

More 

0. Objectives at a Glance



1. [Ujjayi](#)

Become familiar with teaching considerations and instructions for *Ujjayi Pranayama*, also known as Victorious Breath.

2. [Nadi Shodhana](#)

Become familiar with teaching considerations and instructions for *Nadi Shodhana*, also known as *Anuloma Viloma* and Alternate Nostril Breathing.

3. [Kapalabhati & Bhastrika](#)

Become familiar with teaching considerations and instructions for *Kapalabhati*, known as Skull Shining Breath, and review an introduction to *Bhastrika*, Bellows Breath.

1. [Pranayama Techniques: Ujjayi](#)



Lesson Overview

In this lesson, we systematically present *Ujjayi Pranayama*.

Objective

Become familiar with teaching considerations and instructions for *Ujjayi Pranayama*, also known as Victorious Breath.

Description

Describe *Ujjayi Pranayama* and provide a common focal point of concentration. Explain how *Ujjayi* can help with mindfulness practice and the expected effects that might prompt the practice of *Ujjayi*. Give instructions for practice.

2. [Nadi Shodhana Pranayama](#)



Lesson Overview

In this lesson, we systematically present *Nadi Shodhana*.

Objective

Become familiar with teaching considerations and instructions for *Nadi Shodhana*, also known as Anuloma Viloma and Alternate Nostril Breathing.

Description

Define *Nadi Shodhana*. Describe the primary effect and other reported effects. Explain the impact of hemispheric brain dominance and why inter-hemispheric transference is important. Give contraindications and instructions for hand placement. Give instructions for practice. Describe a simpler variation to consider with beginners or for when there is little time.

3. Kapalabhati & Bhastrika



Lesson Overview

In this lesson, we systematically present *Kapalabhati* and introduce *Bhastrika*.

Objective

Become familiar with teaching considerations and instructions for *Kapalabhati*, known as Skull Shining Breath, and review an introduction to *Bhastrika*, Bellows Breath.

Description

While often referred to as a type of pranayama, provide the more technically accurate description of *Kapalabhati*. Explain the fundamental purpose of the practice and other reported effects. Describe four suggestions for mindfully preparing to practice *Kapalabhati* and give instructions for practice. Provide a variation that experienced practitioners might wish to try. Describe *Bhastrika* and explain when these breath practices are contraindicated.

Category

1. Uncategorized