

Mandala Yoga Ashram

Anuloma Viloma and Prana Shuddhi

Explanation: This is a simple and profound psychic practice, which is a subtle form of nadi shodhana pranayama, using imagination and awareness to direct the flow of breath in either nostril.

Benefits

- Invokes a subtle balancing effect on both lunar and solar pathways.
- Energises Agya Chakra, bringing a greater clarity, spaciousness and quietness to the mind space.

Position: A comfortable steady asana, which can include sitting upright on a chair; chest open, head, neck and torso aligned, allowing the facial & abdominal muscles to be relaxed.

Practice: It is the imagination initially, and the power of awareness subsequently, that directs the breath in and out of each nostril in turn. The whole body remains still throughout the practice. It can be helpful to visualise a triangle with its base between the two nostrils, and its apex at the eyebrow centre; each side of the triangle running up either nostril to meet at the eyebrow centre. The practice uses rounds of 5 steps, making up one round at a time, to incorporate both anuloma viloma & prana shuddhi in the following way:

Step 1: breathe in via left nostril to the eyebrow centre, breathe out right nostril. Then breathe in right nostril to eyebrow centre, breathe out left nostril.

Steps 2,3 & 4: repeat as above. This is anuloma viloma, psychic nadi shodhana pranayama.

Step 5: breathe in via both nostrils, up the sides of the imaginary triangle, to the eyebrow centre. Pause for a moment or two with the awareness at the eyebrow centre, feeling the mental repetition of the mantra OM. Breathe out, letting the breath diverge down both sides of the triangle, through both nostrils to their base. This is prana shuddhi.

This is one round – repeat the above for as many subsequent rounds as time permits. Keep a count of each step of 5 as the practice develops to ensure that you complete each round of 5.

Point to Note: When beginning the practice, it can be easy to lose the count (the mind can become distracted or tired). If so, start again with a new round of 5.