

Pranayama Intensive June 2025

Daily Practices

- Opening prayers
- Practices
- Closing prayers



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श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om

Śrī Gurubhyo Namaḥ Hariḥ Om

Salutations to the Gurus!

ॐ सह नाववतु । सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्वि नावधीतमस्तु मा विद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

aum saha nāvavatu saha nau bhunaktu

saha vīryam karavāvahai

tejasvi nāvadhītam astu mā vidviṣāvahai

aum śāntiḥ śāntiḥ śāntiḥ

Aum. May that Brahman protect us together. May it nourish us together.

May we both gain great vitality. May our learning be brilliant.

May we never argue. Om peace, peace, peace.

- Seated Resonance at three places
- Kapalabhati 30 pumpings 30/30/30
- Single nostril breathing for two minutes 5:7
- Alternate nostril 4 minutes 5:7
- Bhastrika 10 pumpings and one surya bhedana 3x 10-second retention
3 regular breaths between rounds
- Kapala Shakti Vardhaka x 3
- Bhramari x 5 1:3 ratio
- Rest Marmasthanas

- Seated Resonance at three places
- Kapalabhati 45 pumpings 30/45/45
- Single nostril breathing for two minutes 5:7
- Alternate nostril 6 minutes 5:7
- Bhastrika 10 pumpings and one surya bhedana 3x 15-second retention
3 regular breaths between rounds
- Viloma
- Bhramari x 5 at 1:3
- Rest Marmasthanas

- Seated Resonance at three places
- Kapalabhati 60 pumpings 30/45/60
- Single nostril breathing for two minutes 5:7
- Alternate nostril 8 minutes 5:7
- Bhastrika 10 pumpings and one surya bhedana 3x 20-second retention
3 regular breaths between rounds
- Brahma mudra
- Bhramari x 5 at 1:3
- Rest Marmasthanas

- Seated Resonance at three places
- Kapalabhati 60 pumpings 30/45/60
- Single nostril breathing for two minutes 5:7
- Alternate nostril 10 minutes 5:7
- Bhastrika 10 pumpings and one surya bhedana 3x 20-second retention
3 regular breaths between rounds
- Additional rounds of Bhastrika with internal & external retention with bandhas
- Bhramari x 5 at 1:3
- Rest Marmasthanas

- Seated Resonance at three places
- Kapalabhati 60 pumpings 30/45/60
- Single nostril breathing for two minutes 5:7
- Alternate nostril 10 minutes 5:7
- Bhastrika 10 pumpings and one surya bhedana 3x 20-second retention
3 regular breaths between rounds
- Additional practice with jalandhara bandha held on exhale
- Bhramari x 5 at 1:3
- Rest Marmasthanas

Marmasthanas (From Yoga Yagnavalkya and Vashishtha Samhita)

	Marmasthana	Distance in angulas	Sanskrit name
1	Big toes	0	Padangustha
2	Ankles	4.5	Gulpha
3	Shins	10 above ankles	Pindikamadhya
4	Calves	11 above shins	Janumoola
5	Center of knee caps	2.5 above calves	Janu
6	Center of thighs	9 above center of knee caps	Urumadhya
7	Anal sphincter	9 above center of thighs	Payumoola
8	Center of the body	2.5 above anal sphincter	Dehamadhya
9	Genital organs	2.5 above center of body	Linga
10	Navel center	10.5 above genital organs	Nabhi

Marmasthanas cont. (From Yoga Yagnavalkya and Vashishtha Samhita)

	Marmasthana	Distance in angulas	Sanskrit name
11	Heart center	14 above navel center	Hridayamadhya
12	Well of the throat	6 above heart center	Kanthakoopa
13	Center of the tongue	4 above well of the throat	Jihvamoola
14	Root of the nose	4 above center of the tongue	Nasamoola
15	Eyeballs	1/2 above root of the noses	Netrapradesha
16	Center of the eyebrows	1/2 above eyeballs	Broomadhya
17	Center of the forehead	3 above center of eyebrows	Lalaata
18	Crown of the head	3 above center of forehead	Brahmarandra

ॐ असतो मा सद्गमय ।

तमसो मा ज्योतिर्गमय ।

मृत्योर्मा अमृतं गमय ।

ॐ शान्तिः शान्तिः शान्तिः ॥ हरिः ॐ तत्सत् ॥

asato mā sadgamaya

tamasomā jyotir gamaya

mrityormā amritaṃ gamaya

Om śāntiḥ śāntiḥ śāntiḥ hariḥ om tat sat

*Lead me from changing existence to unchanging being,
lead me from the darkness of tamas to the light of knowledge,
lead me from death to immortality. Harih om that is truth.*

लोकाः समस्ताः सुखिनोभवंतु ॥

लोकाः समस्ताः सुखिनोभवंतु ॥

लोकाः समस्ताः सुखिनोभवंतु ॥

ॐ शान्तिः शान्तिः शान्तिः ।

lōkāḥ samastāḥ sukhinōbhavantu ॥

lōkāḥ samastāḥ sukhinōbhavantu ॥

lōkāḥ samastāḥ sukhinōbhavantu ॥

AUM śāntiḥ śāntiḥ śāntiḥ ॥

May all worlds be happy.

AUM Peace Peace Peace!