

the **BAD** series

basic academics for dance

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GLASS HOUSE DANCE

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Pranayama (Breath) Breathing Assignment Part 2

Pranayama- (Prana= life force), (yama= control/discipline), the linking of the mind and breath, to circulate the prana or energetic life force.

REFLECTION:

Make note of your mood and state of mind prior to completing the breathing exercise. Make note of your mood and state of mind after completing the breathing exercise. It's that simple. Note space provided below!

Nadi Sodhana – “Alternate Nostril Breathing”

(Nadi= little river/energy channel for prana), (Sodhana= purification/cleansing). Nerve Cleansing.

GUIDED PRACTICE (What to do):

Find a comfortable seated posture (Siddhasana), allowing for straight and lengthened vertebra/spine, the back of the wrists should rest gently on the knees. Covering the left nostril with the tip of the index finger, inhale slowly and steadily through the right nostril, exhale through the right nostril. Changing the hands to now cover the right nostril, inhale slowly and deeply through the left nostril, and then exhale completely through the left nostril.

Engage the Mula Bandha lock during the retention after each exhalation. (The Mula Bandha lock can be accessed by pulled up in the pelvic floor). Do not attempt to hold the breath after exhalation.

The full cycle should take approximately 6-8 minutes. End with Savasana (corpse pose) by lying on your back on a flat & hard surface. Wrists up. Close your eyes. Take focus to your natural breath rhythms. Stay as long as you feel necessary.

Benefits: calms left and right hemisphere, stills the mind.

Precautions: cold, nasal constrictions, high blood pressure or heart disorders should not attempt to hold breath.

Mood and state of mind prior to completing the breathing exercise:

Mood and state of mind after completing the breathing exercise: