Breathe, breathe, breathe!

Pranayama in Yoga

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PRANYAMA - MANIPULATION OF ONE'S BREATH
Fun Facts

What Percent of the atmosphere is

- Oxygen?
- Nitrogen?
- Carbon Dioxide?
- Argon?
- Oxygen  21%
- Nitrogen  78%
- Carbon Dioxide  0.39%
- Argon Oxygen  0.93%
How many breaths does the average person take in a 24 hour period?
To ponder the use of the expression: *Take a deep breath*

- To pause
- Slow down
- Give space
- Cool down
- Step back
Mechanics of Breath

Inhalation
Exhalation
Retention
either Internal or External

In advanced Yoga the external retention is often emphasized
Diaphragmatic Breathing

Dome like muscle

- Contracts and flattens out = Inhalation
- Relaxes/Returns to dome like shape = exhalation
Pranayama: important pillar in Yoga

- Pran – Life’s Vital force, Chi, Q1
- Ayama - Expansion
- The Expansion of Prana
- Prana rides on the vehicle of breath, hence commonly mis-translated to mean Breath Control
Manipulate the breath = Manipulate the mind, emotions

- Our breathing is controlled by the autonomic nervous system
- Holding one’s breath leads to an unsettledness
- Ancient yogis developed many breathing techniques to increase \textit{prana} & to satisfy

the brain’s needs
Intimate Connection between Breath, Mind & Emotions

- Breath alters biochemistry of the brain
- Importance of Adenosine Triphosphate
- Decrease of ATP’s production decreases vitality & immunity
- Scientists have also discovered that oxygen is critical for the production of ATP
Observe your breath under the following conditions:

- Anger
- Excitement/Anxiety
- Sadness/Depression
- Illness
- Under Stress

Triggers sympathetic nervous system: flight / fight mode
Categories of Pranayama & Changing Swara

- Cooling = Shitali/sheetkari
- Heating = Bhashrika
- Cleansing = Kapal Bhatti
- Balancing = Anuloma Viloma
- Calming/ Meditative = Ujjayi
- Concentration = Brahmani
Health Benefits of Pranayama

- Increase blood flow/oxygen through all organs & the brain
- Purifies and detoxifies
- Increases alertness

Recent research suggests the decrease of:
- Depression
- OCD
- Dementia & cognitive defects
**Serootonin**

- Controls sleep & mood/ emotional center
- Studies show that low levels of serotonin lead to an overall insensitivity
- Sets off impulsive & aggressive behaviors
- May even lead to suicidal tendencies
Melatonin

- Affects theta waves
- Improves sleep quality
- Counteracts stress induced disorders
- Resets the body’s aging clock
Recent research suggests prolactin is related to increased immunity.

Recent models suggest that release of prolactin releases fear & anxiety.
Practice

- **Rag Doll**
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- Balancing = **Anuloma Viloma**
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KEEP ON BREATHING
NAMASTE
THANK YOU