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# Pranayama Study

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# Dirga - 3 Part Yogic Breath

(DEER-ga)

dirga = live



## BENEFITS

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Some of the benefits of the pose are:

## PRECAUTIONS & CONTRAINDICATIONS

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## UNDERSTANDING & CUEING

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## DRISTI & AWARENESS

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### **Dristi:**

- Point of focus is

### **Awareness:**

- Awareness should be drawn to

## NOTES

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# Ujjayi - Ocean Breath

(oo-jy [rhymes with “pie”]-ee)

ujjayi = victorious



## BENEFITS

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Some of the benefits of the pose are:

## PRECAUTIONS & CONTRAINDICATIONS

---

## UNDERSTANDING & CUEING

---

## DRISTI & AWARENESS

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### **Dristi:**

- Point of focus is

### **Awareness:**

- Awareness should be drawn to

## NOTES

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# Sitali - Cooling Breath

(Si-TALL-ee)

sitali = cooling



## BENEFITS

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Some of the benefits of the pose are:

## PRECAUTIONS & CONTRAINDICATIONS

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## UNDERSTANDING & CUEING

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## DRISTI & AWARENESS

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### **Dristi:**

- Point of focus is

### **Awareness:**

- Awareness should be drawn to

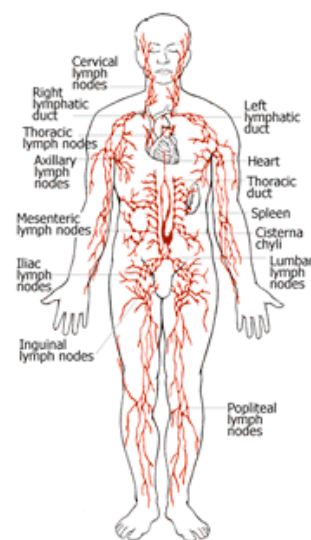
## NOTES

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# Lymphatic Breath

an energizing breath



## BENEFITS

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Some of the benefits of the pose are:

## PRECAUTIONS & CONTRAINDICATIONS

---

## UNDERSTANDING & CUEING

---

## DRISTI & AWARENESS

---

### **Dristi:**

- Point of focus is

### **Awareness:**

- Awareness should be drawn to

## NOTES

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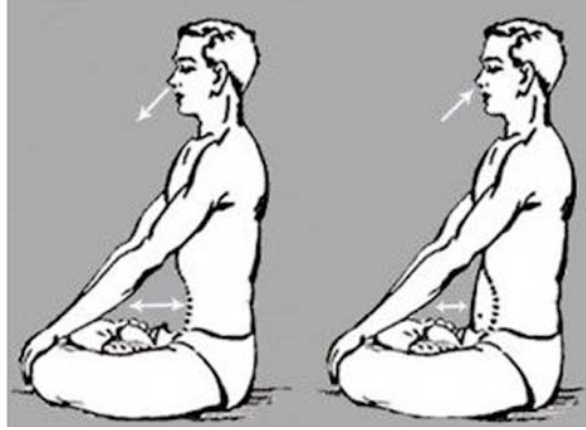
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# Kapalabhati – Skull Shining Breath

(kah-pah-lah-  
BAH-tee)

kapala = skull

bhati = light  
(knowledge)



## BENEFITS

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Some of the benefits of the pose are:

## PRECAUTIONS & CONTRAINDICATIONS

---

## UNDERSTANDING & CUEING

---

## DRISTI & AWARENESS

---

### **Dristi:**

- Point of focus is

### **Awareness:**

- Awareness should be drawn to

## NOTES

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# Nadi Shodhana – Alternate Nostril

(nah-dee-show-DAH-nah)

nadi = channel, nasal

shodana = cleaning, purifying



## BENEFITS

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Some of the benefits of the pose are:

## PRECAUTIONS & CONTRAINDICATIONS

---

## UNDERSTANDING & CUEING

---

## DRISTI & AWARENESS

---

### **Dristi:**

- Point of focus is

### **Awareness:**

- Awareness should be drawn to

## NOTES

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