Daily Practice How-To

1. At least 10 minutes of Sun Salutations and stretching

2. Three-Stage Breathing (Pranayama)
   - Use ujjayi breath (ocean breath, back of the throat)
   - Do 8–10 rounds each
   - Rest after each stage with hands in your lap, palms facing up
   - Ratio: in 4, hold 4, out 6, hold 2

2. Bhastrika (Bellows breath)
   - Use natural breath (not ujjayi; with slight thrust in/out breath)
   - 3 rounds of 15–20 each
   - Rest after every round with hands in your lap, palms facing up

3. OM (3X) out loud

4. Sudarshan "Kriya"
   - Natural breath
   - Once a day, every day
   - About 10 minutes, end with a few large circles
   - Rest a minimum of 5-10 minutes afterwards
   *Give preference to the breath