



## Langhana Chair Practice with Langhana Pranayama

1		<p>Awareness of environment. Attention to attention. Attention to breath.          IN expand the chest. EX hug the belly in.          Joint rotations</p>
2		<p>6x          IN/EX = 4 (2x)          IN=4, EX=6 (2x)          IN=4, EX=8 (2x)</p>
3		<p>IN Raise right hand. EX twist to the left, bringing right hand to left knee.          3x each side. Then stay on the 3rd repetition and turn head opposite. Stay 3 more breaths.          RET=2, EX=Longer</p>
4		<p>IN=6, EX=8 (2x), 10 (2x), 12 (2x)</p>
5		<p>4x each side FB - notice SUS</p>
6		<p>6x          IN=6, EX=8 (2x), 10 (2x) 12 (2x)</p>
7		<p>FB 8-10x stop if neurogenic tremoring in the standing leg causes instability.</p>
8		<p>3x Twist to alternating sides EX=10</p>

# Langhana Chair Practice with Langhana Pranayama

9



4x hug knee into chest on EX, IN release the hug a little  
FB

10



Self massage

Awareness of environment. Attention to attention. Attention to breath.  
IN expand the chest. EX hug the belly in.

IN/6 EX/6

Add short retention (no more than 2-3)

Progressively lengthen EX

(I simplify the way I teach this pranayama to older or less experienced audiences)

Meditation:

Place your hands over your eyes/forehead

Light a candle in your mind and watch it flicker and burn

Place your hands over your heart

Light a candle in your heart and watch it flicker and burn

Place your hands over your belly

Light a candle in your belly watch it flicker and burn