



Why build threshold?

- Develop relationship to the different systems of your physiology
- Lean the mind/heart toward a more satvic state
- Build pranasakti - the juice of life that fuels your journey and helps you fulfill your purpose
- Be the well-fed lion



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How to build threshold?

- Practice Langhana, Bhrmana and Samana Ratio breathing regularly
- Challenge your ratios carefully
- Journal on your experiences (sketch out your own grids)

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How to Adapt **Asana** for Bhrmana Effect

- Emphasize BB and LB
- Emphasize IN and RET
- Do more reps and less stays
- Simple to complex to engage a tired mind progressively
- Easier to stronger asana

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How to Get Bhrmana Effect in **Pranayama**

- The simplest way is to build RET in an easy breathing practice.
- Build your breath counts toward the formal Bhrmana ratios. Examples are 2:3:3:0 or 2:3:3:1.

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Guidelines for Building Ratios

1. Build IN and EX first
2. Build RET next
3. Build SUS last
4. Take bigger steps toward the beginning of practice
5. EX must be = or > IN
6. EX must be = or > RET

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Ratio Breathing

Easy Bhrmana Example Ratio 2:3:3:1

IN	RET	EX	SUS		#
6	0	6	0		4
6	3	6	3	(+6)	4
6	6	6	3	(+6)	4
6	8	8	3	(+4)	6
6	9	9	3	(+2)	12
6	0	10	0	(-11)	6

Goal/12 reps

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Ratio Breathing

More Challenging Bhrmana Example Ratio 2:4:4:1

IN	RET	EX	SUS		#
6	0	6	0		4
6	6	6	0	(+6)	4
6	8	8	3	(+7)	4
6	10	10	3	(+4)	6
6	12	12	3	(+4)	12
6	0	12	0	(-15)	6

Goal/12 reps

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