

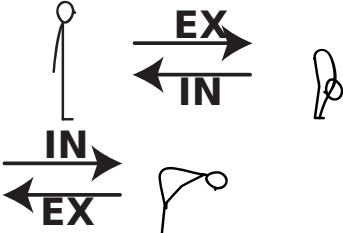
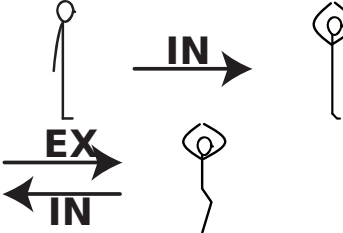
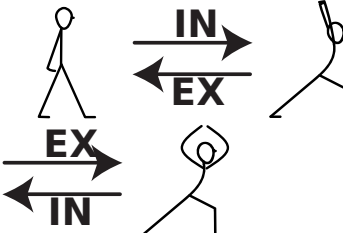




Stronger Bhrmana Class with Bhrmana Pranayama

I hope you enjoy this longer, more challenging Bhrmana class sequence. It would be appropriate to do at home or to teach students who are more experienced with breath counting and also have the ability to do the more advanced practices of Trikonasana and the seated forward bends at the end.

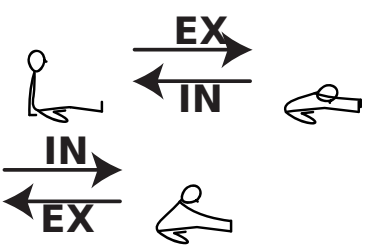


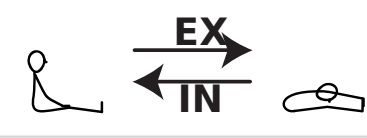
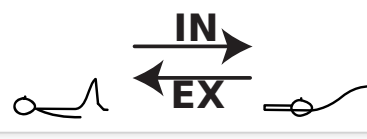
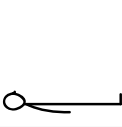

Remember, you can always ADAPT these poses for wider audiences!

<p>1</p> 	<p>Observe surroundings. Spine. Breath. Count IN/EX Increase IN/EX</p>
<p>2</p> 	<p>6x IN/EX = 4</p>
<p>3</p> 	<p>6x EX= 4(2x), 6(2x), 8(2x)</p>
<p>4</p> 	<p>IN into the pose and interlace fingers 3x EX soften knees, IN into the full extension IN = 4, 6, 8 Stay 2 more BR IN=8</p>
<p>5</p> 	<p>6x IN raise arms, EX lower arms IN = 4(2), 6(2), 8(2) Stay 2 more BR IN=8 with arms fully extended</p>

Stronger Bhrmana Class with Bhrmana Pranayama

6		6x each side FB
7		3x each side IN/EX = 4, 6, 8
8		FB. Stay in the fold a few breaths to regulate
9		2x Then 3 more x retaining BR for 4, 6, 8
10		Stay several breaths Optional for students who enjoy challenge and don't have knee issues
11		3x Suspend BR for 4, 6, 8
12		6x IN/EX = 4(2), 6(2), 8(2)
13		6x FB
14		6x IN/EX = 4(2), 6(2), 8(2) Then stay 2 more BR IN/EX = 8

Stronger Bhrmana Class with Bhrmana Pranayama

<p>15</p> 	<p>6x each side</p>
<p>16</p> 	<p>Stay 3 BR</p>
<p>17</p> 	<p>IN/6 RET/0 EX/6 SUS/0 (2x) IN/6 RET/2 EX/6 SUS/0 (2x) IN/6 RET/4 EX/6 SUS/0 (4x) IN/6 RET/6 EX/6 SUS/0 (6x)</p>
<p>18</p> 	<p>6x FB</p>
<p>19</p> 	<p>6x FB</p>
<p>20</p> 	<p>Short rest to reset the CNS before seated pranayama</p>
<p>21</p> 	<p>Observe surroundings. Spine. Breath. IN crown to root. EX root to crown. Count BR IN=EX and increase comfortably IN/6 RET/0 EX/6 SUS/0 (2x) IN/6 RET/3 EX/9 SUS/3 (4x) This was a big jump so more BR required IN/6 RET/6 EX/9 SUS/3 (4x) IN/6 RET/9 EX/9 SUS/3 (12x) Goal ratio of 2:3:3:1 IN/6 RET/3 EX/9 SUS/0 (6x) Back out of practice IN6 RET/0 EX/6 SUS/0 (4x) Regulate system</p>