





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, Bhramana 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** Practice for Langhana Effect

- Emphasize FB and TW
- Emphasize EX and SUS
- Do fewer reps and more stays
- Complex to simple for engaging an overworked mind progressively
- Stronger to more gentle

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How to Get Langhana Effect in **Pranayama**

- You can simply lengthen EX
- Practice formal Langhana ratios such as 2:1:4:2.

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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 Langhana Example Ratio 2:1:4:2

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

Goal/12 reps

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Ratio Breathing

Another Example Langhana Example Ratio

| IN | RET | EX | SUS | | # |
|----------|----------|-----------|----------|-------------|-----------|
| 6 | 0 | 8 | 0 | | 2 |
| 6 | 4 | 8 | 2 | (+6) | 4 |
| 8 | 4 | 10 | 4 | (+6) | 4 |
| 8 | 4 | 12 | 8 | (+6) | 4 |
| 8 | 4 | 16 | 8 | (+4) | 12 |
| 8 | 2 | 14 | 2 | (-10) | 6 |
| 8 | 0 | 10 | 0 | (-8) | 4 |

Goal/12 reps

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