

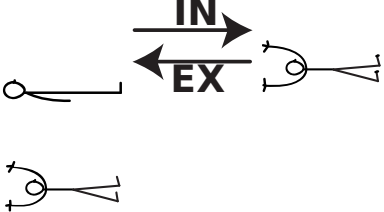
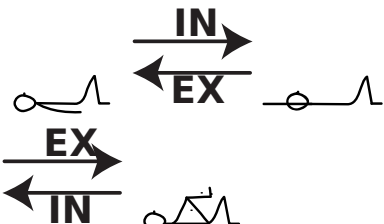

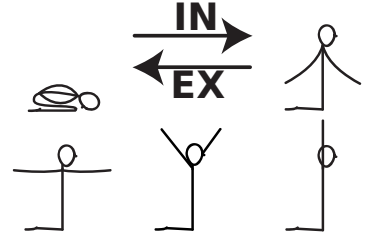

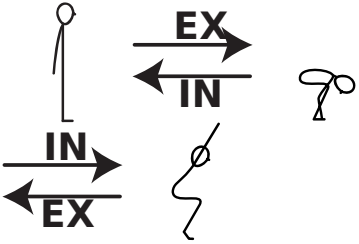





## Shorter Bhrmana Class with Pranayama

|   |  |
|---|--|
| <p>1</p>    | <p>Notice surroundings. The support of the floor. Your reaction to the support of the floor.<br/>           Notice the mind-stuff. Are you agitated? Lethargic? Spaced out?<br/>           Count BR.<br/>           IN=EX<br/>           Increase IN/EX to 6</p>                       |
| <p>2</p>    | <p>6x each side alternating sides<br/>           IN raise arm (progressively higher if you like) and flex the same side ankle<br/>           Ret 0, 1, 2, 3, 4(2x)</p>   |
| <p>3</p>   | <p>3x IN raise both arms and flex both ankles<br/>           IN/EX = 8, RET 4<br/>           Stay 3 more BR, IN/EX=8, RET=4</p>  |
| <p>4</p>  | <p>6x each side alternating sides<br/>           IN/EX = 8<br/>           IN raise arms, EX pull alternating knee into belly<br/>           Then do both knees 3 more times</p>  |
| <p>5</p>  | <p>6x FB</p>   |
| <p>6</p>  | <p>3x<br/>           IN to each position, RET = 2<br/>           2x<br/>           IN to 1st position RET = 2, then EX in place. IN into 2nd position RET = 2, then EX in place. IN to 3rd position RET = 2, then EX in place. IN to 4th position RET = 2, EX back to child's pose</p> |

# Shorter Bhrama Class with Pranayama

|   |   |  |
|---|---|--|
| 7 |   | <p>6x each side<br/>RET = 2(2x), 4(2), 6(2x)</p>   |
| 8 |   | <p>4x FB</p>   |
| 9 |  | <p>Notice environment. Breath. Mind stuff. Are you less agitated. More nourished. Feeling more courageous. Less spaced out.<br/>Notice spine. Breathe crown to root, root to crown,<br/>Count breath.<br/>IN/6 RET/0 EX/6 SUS/0<br/>IN/8 RET/0 EX/8 SUS/0<br/>IN/8 RET/4 EX/8 SUS/0 (2x)<br/>IN/8 RET/6 EX/8 SUS/0 (4x)<br/>IN/8 RET/6 EX/8 SUS/2 (4x)<br/>IN/8 RET/8 EX/8 SUS/2 (4x)<br/>IN/8 RET/8 EX/8 SUS/4 (12x) Goal Ratio of 2:3:3:1<br/>IN/6 RET/4 EX/8 SUS/0 (6x) Back out of the practice to regulate CNS<br/>IN/6 RET/0 EX/8 SUS/0 (4x) At least a few rounds of deep breathing</p> |