

---

---

---


---

---

---

**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



Copyright Davidson Yoga Therapy LLC, 2021. Do not reproduce in any form without express written consent.

---


---

---

---

---

---



**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)

Copyright Davidson Yoga Therapy LLC, 2021. Do not reproduce in any form without express written consent.

---

---

---

---

---

---

---

## How to Adapt **Asana** for Samana Effect

- Emphasize all directions of movement
- Emphasize all parts of the breath
- Go for simple, sustainable rep/stay patterns
- Keep the effort level even-keeled. No super strong or super soft

---

Copyright Davidson Yoga Therapy LLC, 2021. Do not reproduce in any form without express written consent.

---

---

---

---

---

---

---

## How to Get Samana Effect in **Pranayama**

- Create a simple Samana effect with IN=EX
- Common formal Samana ratios are 2:1:2:1 and 1:1:1:1.

---

Copyright Davidson Yoga Therapy LLC, 2021. Do not reproduce in any form without express written consent.

---

---

---

---

---

---



---

## 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

---

Copyright Davidson Yoga Therapy LLC, 2021. Do not reproduce in any form without express written consent.

---

---

---

---

---

---

## Ratio Breathing

Easy Samana Example Ratio 2:1:2:1

IN	RET	EX	SUS		#
4	0	5	0		2
6	2	6	2	(+7)	4
8	3	8	2	(+5)	6
<b>8</b>	<b>4</b>	<b>8</b>	<b>4</b>	<b>(+3)</b>	<b>12</b>
6	0	10	0	(-8)	6

Goal/12 reps

Copyright Davidson Yoga Therapy LLC, 2021. Do not reproduce in any form without express written consent.

---

---

---

---

---

---

---

## Ratio Breathing

More challenging Samana Example Ratio 1:1:1:1

IN	RET	EX	SUS		#
6	0	6	0		4
6	3	6	3	(+6)	4
<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>(+6)</b>	<b>12</b>
6	3	8	0	(-7)	4
6	0	10	0	(-1)	4

Goal/12 reps

Copyright Davidson Yoga Therapy LLC, 2021. Do not reproduce in any form without express written consent.

---

---

---

---

---

---

---