

The Key

Energy Type

The card color shows the type of energy the card is for:

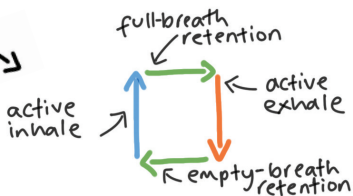
- Ocean Blue to **Calm**
- Fire Red to **Energize**
- Night Blue to **Release** difficulties
- Sunshine Yellow for the **Wild**



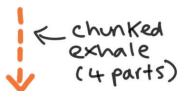
Experience Level
Check out the top left corner for this indicator. Start with the Foundation cards.

Pattern Key

The Breath illustrations follow this key. The colors and the line styles all have their own meanings.



You can check out the guidebook for more details.



♥ Care Card ♥♥

Check-in

Always begin with a self check-in. How do you feel? What sort of practice best supports you now—calming, energizing, releasing or something more wild?



Posture

Most practices are done in a sitting position. To sit well means to be stable, comfortable and wakeful. Check the guide book for tips.

A caution for the wise

If you have significant health conditions or are pregnant, then check the guidebook for guidance on which practices may help and where to be more cautious.



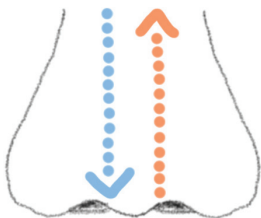
Terminology

Asana = posture—most often sitting is recommended.

Mudra = seal/energetic lock—generally a hand position in the illustration. You may ignore this for your first practices and do whatever you find comfortable until you read the Mudra section in the guidebook.

Drishti = direction of focus—follow the illustration for where to direct your gaze or for your first practices do whatever feels right until you read about Drishti.

Ānāpānasati



Also called: Mindful Breathing, Breath Awareness

Benefits: Concentration, equanimity and acceptance

Asana



Mudra



Drishti



Guidance: Observe your natural breath, just as it is, pure unmodified breath. Notice the fluctuations in speed, intensity, warmth, the flow through left or right or both nostrils. Notice, but do not actively analyze or change anything. This is a practice of accepting reality as it is, a surrender into the flow of life.

Evolution:

- **Duration:** Start with 5 minutes and build up for longer, such as an hour
- **Observe:** With regular practice, notice if you go for a longer duration of time with steady concentration, i.e., without your mind leaving awareness of breath. When the mind does wander, notice if you can bring your attention back to your breath quicker.

Belly Breath



Also called: Abdominal Breathing, Udar Pranayama

Benefits: Relaxation, digestion and soothes anxiety

Asana



Mudra



Drishti



Guidance: Rest your hands on your belly and completely soften your abdominal muscles, consciously allowing space for your belly and gut. Through the nose inhale and allow your belly to expand; on the exhale allow your belly to effortlessly draw inward toward your spine. Your chest and shoulders ideally remain still and relaxed. To aid digestion, practice just before eating.

Evolution:

- **Duration:** Start with 3 minutes
- **Refine:** Avoid actively drawing your belly in on the exhale, the movement is passive
- **Inquiry:** Notice when you unconsciously contract your abdomen and see how quickly you can let it go.

Bhrāmari



Also called: Bee Breath, Humming Breath

Benefits: Calming, immune booster, thought dissolution

Asana



Mudra



Drishti



Guidance: Breathe in normally through your nose, then as you exhale, keep your lips together, teeth slightly apart and hum through the entire exhale. You may notice that your exhale is naturally longer with the hum.

Evolution:

- **Duration:** Start with 3 minutes and build up
- **Speed:** Practice slowing down and extending your exhale to be at least double the length of your inhale
- **Intensity:** Cup hands over ears like headphones, or explore the advanced Shanmukhi Mudra to intensify the vibration sensations
- **Subtleties:** Notice how you can hum quietly or loudly, high or low in pitch, steady or sliding—explore!

Feather Breath



Also called: Subtle Breath, Akash Breath

Benefits: Long-term resilience and peace

Asana



Mudra



Drishti

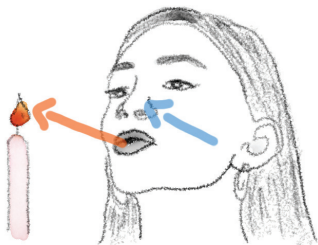


Guidance: Breathe very gently in and out through your nose. Make your breath so light and subtle that if you had a feather under your nose, the feather would stay still and unruffled by your breath. This is effectively an air-fast, so you are doing this well if you feel slight “air-hunger” and can relax into these temporary feelings.

Evolution:

- **Duration:** Start with 5 minutes then explore longer
- **Checking:** Every now and then, check the lightness of the airflow—why not use an actual feather or your fingers to sense the air flow under your nose
- **Variation:** Be creative in combining this feather-light breathing approach with other Breaths like Trikona and Samavrtti.

Candle Breath



Also called: Slow Exhale, Pinhole Breath

Benefits: Relaxation, grounding and soothes anxiety

Asana



Mudra



Drishti

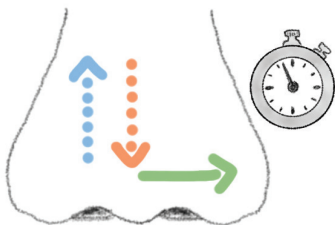


Guidance: Through your nose inhale, and through slightly pursed lips exhale very slowly. Imagine you are breathing in front of a candle flame—you want the flame to remain steady and hardly flicker from your breath.

Evolution:

- **Duration:** Start with 3 minutes and explore longer
- **Subtleties:** Fully relax your body, especially your face, jaw and shoulders
- **Drishti:** Keep your eyes open if feeling anxious
- **Variation:** With eyes closed you can visualize a candle flame for added concentration and depth
- **Props:** Explore using a physical candle—gaze at the candle too and this becomes Trataka practice!

Comfortable Hold



Also called: Comfortable Breath Hold Time, BOLT

Benefits: A measure of vitality levels

Asana



Mudra



Drishti

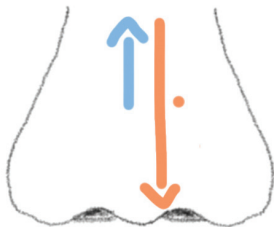


Guidance: Best practiced once a day a few minutes after waking. Get your stopwatch timer ready. Through the nose, inhale and exhale normally (not extra big), then hold your breath out. Pinch your nose (to not leak air) and start your timer. When you notice the first physical signs of wanting to breathe (e.g., swallowing or twitchy diaphragm), stop the timer, relax everything and inhale normally. If you gasp, you've pushed too far.

Evolution:

- **Duration:** Well under 1 minute for most people
- **Impact:** A longer comfortable hold indicates good CO₂ resilience and vitality for the day
- **Subtleties:** Notice how lifestyle factors like exercise, food, drink, stress, etc. impact your hold time.

Utthita Rechaka



Also called: Extended Exhale, 1:2 Breathing

Benefits: Calming, reduces anxiety, slows racing mind

Asana



Mudra



Drishti

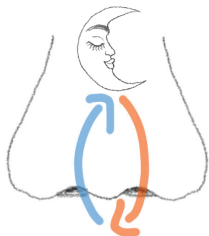


Guidance: The practice is about slowing down and extending your exhale to be roughly double the length of your inhale. Through your nose, inhale normally for an easy slow count such as 4 seconds, then exhale for double that time, in this case 8 seconds. Keep your breath totally silent and smooth. If you find it's not relaxing, you may be trying too hard, so make it easier by making the breath shorter (e.g., 3 in, 6 out).

Evolution:

- **Duration:** Start with 3 minutes then explore longer
- **Speed:** Slow down. Try in for 5 out for 10, or a 1-minute breath—inhaling for 20, exhaling for 40
- **Variation:** Ladder style—inhale 4, exhale 8, inhale 5, exhale 10, inhale 6, exhale 12, etc.

Chandra Bhedana



Also called: Moon Breath, Lunar Breath

Benefits: Soothing and nurturing, intuitive intelligence

Asana



Mudra



Drishti

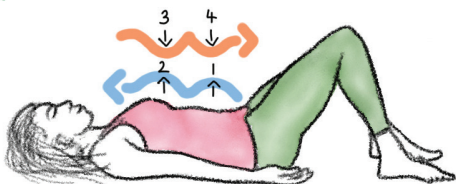


Guidance: "Inhale left, exhale right". With a thumb or finger, gently close your right nostril and inhale through your left nostril, then switch to close your left nostril and exhale through the right. That's one cycle.

Evolution:

- **Duration:** Start with 10 cycles
- **Speed:** The art is in smooth slowness, breathing as slowly and evenly as you can without strain
- **Counting:** First, explore without counts. Then play with counting an even rhythm, e.g., in for 5 out for 5, ideally using "digital finger counting"
- **Tongue:** Press tongue to the root of top front teeth
- **Visualization:** A moon at your third eye (forehead)
- **Mantra:** Repeat "Vam" silently every second (perhaps use a metronome to hold the beat).

Taranga I



Also called: 2-part up & down wave, Slow Wave 1

Benefits: Body awareness, interoceptive training

Asana



Drishti



Guidance: Mentally divide your torso into two: the abdomen and chest areas, which are separated by the diaphragm. The purpose of this practice is to move and feel these two areas distinctly. Breathing slowly through your nose in one continuous wave-like flow, inhale first into your abdomen, then up into your chest. On the exhale, contract the chest and then your abdomen.

Evolution:

- **Duration:** Start with 5 minutes
- **Speed:** Slow and without strain
- **Observe:** Explore the practice in a sitting position and notice how it's different. This Breath is preparing your interoceptive awareness for the Master Breath Bhastrika, where the exhale is initiated by the chest.