

THREE SEASONS AYURVEDA



Pranayama

“Pranayama is the science of breath, which leads to the creation, distribution and maintenance of this vital energy” BKS Iyengar



What is Prana? What are Vayus?

Prana is breathe and manifests in all the energy of our universe: physical, mental, intellectual, sexual & spiritual.

Prana comes from the breath and has 5 sub-categories known as vayus, and they are:

Prana- Coming in

Samana- From the periphery (outside) to the inside

Vyana- From the core out to the periphery

Udana- Up and out

Apana- Down and out

What are the Nadis?

Nadis are tubular organs, ducts or channels that carry all the products in our bodies including cosmic energies, consciousness & spiritual aura as they connect the breath to the nervous system.

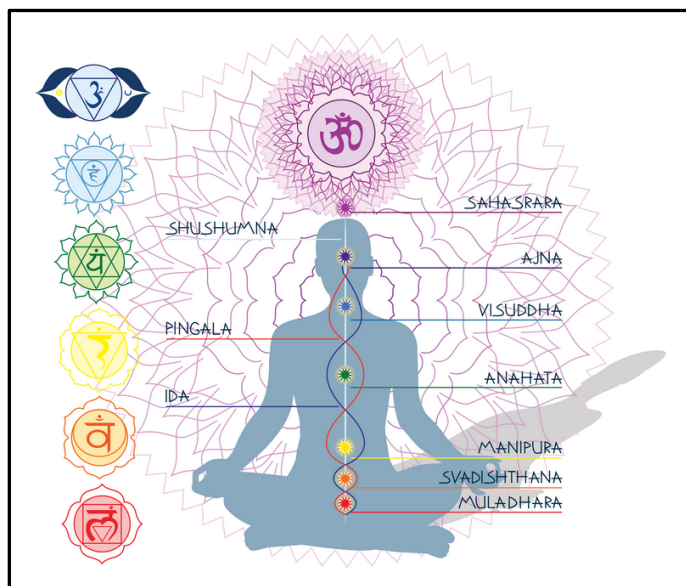
Susumna-

Runs through the spine from the tailbone the crown chakra, its function is **Sattvic** (purity)

Ida








Left nostril, lunar, cooling and is considered **Rajasic** (turbulence)

Pingala- right nostril, solar, heat & is considered **Tamasic** (darkness)



What are the Chakras

Chakra means a wheel & they radiate energy throughout the body and are located at vital centers along the spine connecting with the Nadis

Sahasra Crown 	Element: Casual Either Vayu: None Physical: Biorhythms, Cortical Functions Psychological: Lower Self Awareness Spiritual Function: Higher Self Awareness Bija Mantra: Om Sense: None Color: Beyond Color
Ajna Third Eye 	Element: Subtle Either Vayu: None Physical Function: Hormonal Regulation Psychological Function: Perception of Ego Spiritual Function: Perception of the Soul Bija Mantra: Ksham Sense: None Color: Silvery White
Vishuddha Throat 	Element: Either Vayu: Udana Physical Function: Speech, Verbal, Artistic Expression Psychological Function: Expression of Ego Spiritual Function: Inspired Expression of Divine Will Bija Mantra: Hum Sense: Hearing Color: Smokey Grey
Anahata Heart Center 	Element: Air Vayu: Vyana Physical Function: Circulation Psychological Function: Movement of Thought Spiritual Function: Detachment Bija Mantra: Yum Sense: Touch Color: Deep Red
Manipura City of Gems 	Element: Fire Vayu: Samana Physical Function: Digestion Psychological Function: Focus, Intensity, Judgment Spiritual Function: Discrimination, Focus on Spirituality Bija Mantra: Rum Sense: Vision Color: Blue
Svadhishhtana Sex Center 	Element: Water Vayu: Prana Physical Function: Sensory Desire Psychological Function: Desire, Attachment, Feeling Spiritual Function: Unconditional Love, Devotion Bija Mantra: Vum Sense: Taste Color: Dark Blue, Orange
Muladhara Root 	Element: Earth Vayu: Apana Physical Function: Elimination, Bone Development Psychological Function: Calm & Stability Spiritual Function: Keeping Grounded Bija Mantra: Lum Sense: Smell Color: Red