




## Three by Three Pranayama Session

<p>Supta Baddha Konasana</p> <p>Set timer for 5 minutes</p> <p>Arms near hips - Wide based triangle breath pattern</p> <p>Keep mind settled in abdominal region – revitalizing the creativity center of who you are.</p>	<p>Keep low back elongated away from bolster</p> <p>See that the abdomen is receding</p> <p>Have some head support that tilts the chin down a bit</p> <p>Prolong the exhalations, widen the pelvis during exhalations.</p>	
<p>Supta Virasana</p> <p>Set timer for 5 minutes</p> <p>If not possible put blankets under hips and lean back to chair</p> <p>Arms over the head- rectangular breath shape</p> <p>Fix the mental confinement to chest area and nurture your “heartfulness”</p>	<p>Keep low back elongated away from bolster</p> <p>See that the abdomen is receding</p> <p>Have some head support that tilts the chin down a bit</p> <p>Prolong inhalations gently, fill the chest without force</p>	
<p>Matsyasana</p> <p>Set timer for 5 minutes</p> <p>If padmasana is not possible simple cross legs will work</p> <p>Arms wide level with shoulders - point down triangle breath pattern</p> <p>Cool your mind and let the “open mindedness”</p> <p>Repeat with legs changed for another 5 minutes</p>	<p>Keep low back elongated away from bolster</p> <p>See that the abdomen is receding</p> <p>Have some head support that tilts the chin down a bit</p> <p>Steady inhalation and soft exhalations, primarily through the nostrils</p>	

Rest for some time in Savasana.