
Daily SKY Breath Meditation Practice Support

10 minutes of Sun Salutations and stretching [recommended]

Three-Stage Breathing [3 Stage Pranayama]



- Use ujjayi breath [ocean/darth vader breath, back of the throat]
- Do 8-10 rounds each
- Rest after each stage with hands in your lap, palms facing up
- Breathe... in 4, hold 4, out 6, hold 2

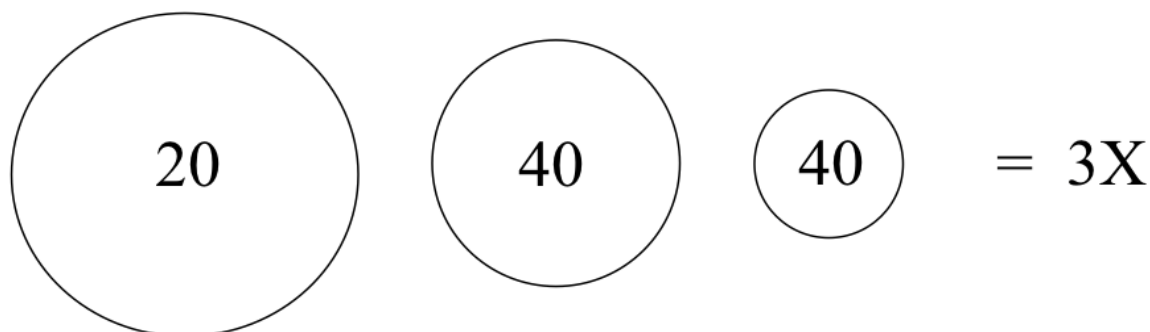
Bhastrika



- Use natural breath [not ujjayi; with slight force in/out breath]
- 3 rounds of 15-20 each
- Rest after every round with hands in your lap, palms facing up

OM 3x [outloud]

Sudarshan Kriya - SKY Breath Meditation



- Natural Breath
- Once a day, every day
- About 10 minutes, end with a few large circles of breath
- Meditate and Relax a minimum of 5-10 minutes afterwards [lie down after this if you wish]

*Give preference to the breath