

Pranayama Study Notes – Fall 2018 Session with Lisa Walford

Week 1. 01 - 07

First session:

- 01_1a_Seated_Meditation_8min.mp3
- 02_1b_Savasana_13min.mp3
- 03_1c_Seated_Breath_Awareness_15min.mp3
- 04_1d_Supine_Ujjayi_11min.mp3*
- 05_1e_Closing_Poetry_4min.mp3

Second session:

- 06_2a_Supine_Savasana_Sidebreath_20min.mp3*
- 07_2b_Seated_Shape_Jalandhara_14min.mp3*

The first session (1a-1e) contain the basic introductions. The second session (2a-2b) is to practice after you are familiar and comfortable with the first session.

On the first day I suggest that you begin with session 1b. If you want to continue on that day, add session 1c.

On the second day begin with session 1d. Session 1d can be practiced for several days. If you want to continue, add session 1c.

Alternate your practice between recordings, if you like.

Be patient, remember, it is not how much you can learn, or how deeply you can breathe. Rather the conditioning of the nervous system and mind happen over a long period of time. You are reconditioning your body/mind from a reactive and instinctive state into a receptive and responsive state. Just as it has taken many years to be programmed into who you think you are, it will take some time to change.

Sessions 2a and 2b are longer, but excellent.

Session 2b will benefit you once you practice and consolidate the material in the first session.

** indicates good daily practice*

Week 2.

Third session: This is an embodied practice of cultivating a field of awareness.

There is a lot of repetition in pranayama, this is how we refine our awareness. Practice patiently, and persevere. You will have days of restlessness and days of boredom. Then, every so often, the sweet presence reveals itself in the integration of your breath, awareness, and body.

Download these files individually or all together. Itunes is a good resource if you have an Iphone or Ipad. Podcast apps will also grab the files from Itunes. However, you can also download them from my website.

Practice daily, generally for ten to fifteen or twenty minutes. You can create a playlist of your favorite files. Always begin with one of the Savasana scripts, and end with a silent Savasana.

Third session:

- 2_1a_Savasana_Kingdomwithin_12min
- 2_1b_Wavebreath_Shape_Seated_9m
- 2_1c_Ujjayi_Seated_4min
- 2_1d_Ujjayi_Seated_5min
- 2_1e_Savasana_Viloma_1_12min
- 2_1f_Viloma_1_Seated_5min

Fourth session:

- 2_2a_Bramhari_Savasana_11min
- 2_2b_Ujjayi_Seated_10min
- 2_2c_Wavebreath_Supine_12min
- 2_2d_Meditation_6min

Third session notes:

1a: Savasana: Take a tri-fold blanket and place it X-ways under the thoracic spine. A pillow blanket under the head. The separation between the lifted chest and descending abdominal cavity is more apparent.

1b: The Hatha Yoga Pradipika says that the yogi should live under a benevolent king in a peaceful setting. Through Savasana, invite a serene, benevolent kingdom within.

1c: Notice how different facets of the breath effect the sensory organs. We naturally inhale and exhale, but the intentional act of inhalation will have an effect, a response, and a consequence on the body, mind and senses. Cultivate sensitivity to this process.

1c: When sitting, consider that you are creating a shape in the body akin to a temple, the abode of the soul. With this great care, observe the shape of the seated posture. Then, the wave breath gradually inhabits the shape from within.

1d: The fourth recording begins with instruction on Ujjayi and continues with seated Ujjayi. Consider the directional flow of the breath and the quality of the Ujjayi sound.

1e: Viloma 1 enables an immersion into the embodiment. In Savasana, dividing the breath into sections with a pause between physically lengthens the breath. The pause is not a holding of the breath, rather, a moment for the disbursement of prana, and a moment opening into silence.

1f: Viloma 1 seated: We are conditioning the breath and being conditioned by the breath.

Fourth session notes:

2a: Bhramari with a head wrap. All sensory organs recede, the skin on the face softens, a natural facial.

2b: Ujjayi seated. Let the breath follow the shape of the pose, like a guest who enters into a temple and gazes at the spaciousness inside the sacred space.

2c: Supine: low support under the spine with an eye wrap under the thoracic spine, T7-8. Watch the path of exhalation, how the breath descends toward the floor and from the lower ribs toward the pelvic floor. The navel area widens as it descends. Then, wave breath, the first impulse to inhale follows the path of the exhalation. As inhalation sculpts the thoracic cavity, the breath moves from the lift of the eye wrap toward the breastbone. Dynamic listening.

2d: Seated meditation.

Bhagavad Gita: Some offer inhalation into exhalation, And others exhalation into inhalation, restraining the path of inhalation and exhalation, Intent on control of the vital breath. IV.29 (Sargeant)

Some of you will find that the inhalation feels more familiar, and some will find the exhalation comes more naturally. With practice and perseverance, each quality will feed and nourish you in a different way.