



# Long Life Praanayam

1 Exercise 7 min - 31 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

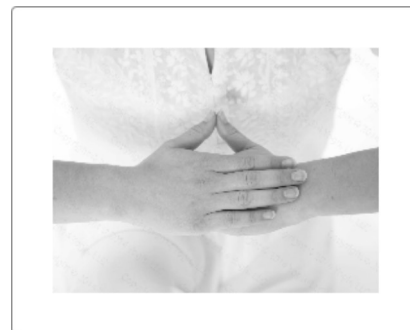
The four-part segmented breath stimulates the triple center, where the ida, pingala and shushmuna meet. It helps the absorption of oxygen into the lungs and purifies the blood. It forces the deposits of toxins out with the exhale 25 - 30 per cent more than usual. The pressure of the right knee on the liver helps to balance the liver and spleen. The balance of the hands stimulates the pancreas and regulates the triple system of the pancreas, adrenals, and kidneys. The heel sits between the sexual gland and the anus which stimulates a meridian point related to the sexual organs and their balance. This meditation is said to prevent heart attacks and is a very powerful way to live a long life.

## 1. Long Life Praanayam

**Comments:** Start with 7-11 minutes. Slowly work up to 31 minutes by adding 5 minutes each week.

### Long Life Praanayam (7 min to 31 min)

1. Come into Veeraasan: Sit on the left heel; the heel is at the perineum, in between the two "sit" bones. Bend the right knee up toward the chest; the right foot is flat on the floor in line with the knee of the left leg. The toes of the right foot point forward. Straighten the spine and maintain your balance.
2. Bring the hands up to the center of the chest. Place the right hand on top of the left hand (left hand points to right; right hand points to left) with both palms facing down. The thumbs are extended toward the body and touch at the tips forming a triangle. The forearms are parallel to the floor.
3. Completely inhale in four equal parts. Exhale completely in four equal parts.
4. Eyes are eight parts closed, two parts open. Look down as deeply as possible.
5. Mentally vibrate any mantra you wish; four-part or eight-part mantras are recommended.



### To End

1. Inhale deeply and hold. Very slowly let go, expelling all the air out by pulling in the navel.



