



## 6

## KRIYA, PRANAYAMA, MUDRA AND BANDH

Kriyas are Yogic cleansing techniques, which helps in cleansing your internal organs, like eyes, digestive tract, respiratory tract, nasal passage. Pranayama techniques help create awareness in the body through slow and deep breathing. It also helps to increase your lung capacity. Pranayama helps to slow down the breath and Kriyas helps to remove toxins from the body. Mudra's are a combination of subtle physical movements which alter mood, attitude and perception, and which deepen awareness and concentration. The Sanskrit word Bandha means to 'hold', 'tighten' or 'lock'. In basic terms, Bandhas are muscular contractions in different areas of the body. In basic terms, Bandhas are muscular contractions in different areas of the body. When the Bandha 'lock' is released, this causes a strong surge of energy flow throughout the body and this helps to strengthen, renew and rejuvenate the internal organs and circulatory system, reduce stress and mental restlessness and create a greater sense of harmony and balance.

There are three principle Bandhas in the body, and a fourth that ties them all together.



## Notes

- Mula Bandha - anal lock
- Uddiyana Bandha - upward abdominal, lifting of the diaphragm
- Jalandhara Bandha - chin lock

The Bandhas can be practiced together or individually during asana, pranayama, mudra, visualization, and meditation. It is advisable to fully release the Bandhas in final resting pose.

Mudra are the hand and finger gestures. They are effective and simple tools to employ for self-soothing, energizing, settling emotions, and focusing. Your fingers are like electric circuits, connecting and redirecting prana. In Sanskrit, mudra translates to "sealing in the energy". You easily use mudras to feel better, calm down, and even energize.

Slowing down the breath through Pranayama practice helps the children in calming down the mind, and makes them free from anxiety, hyperactivity and anger. Pranayama and Kriya keeps you physically and mentally healthy. Mudra's bring more concentration to children.

**OBJECTIVES**

After studying this lesson, you will be able to:

- practice Pranayam and Kriya;
- revise the practices from level 1 and 2, then move on to next level and
- practice additional Shitali Pranayama, Mudra and Bandha Pranayama.

## 6.1 KRIYAS

Kriya in Sanskrit means "completed action." It is also cleansing technique. There are six Kriyas which helps to cleanse various internal organs. Kriyas are Yogic cleansing techniques, which helps in cleansing your internal organs like, eyes, digestive tract, respiratory tract, nasal passage. Here in this lesson we will learn Trataka - Jatru Trataka and Jyoti Trataka, Kapalabhati and also Jala neti, which helps to cleanse your eyes, frontal lobe and nasal passage.

- Trataka is for cleansing the eyes. It prevents eye disease both muscular and optical if they are practiced regularly. It boosts concentration, memory and promotes strong, healthy eyes.
- Kapalabhati is for cleansing frontal lobe
- Jala Neti is the process of cleaning the nasal passage using water.

Trataka is a Sanskrit word, which means "to look" or "to gaze." As such, this meditation technique involves starting at a single point of focus. The object of focus may be tip of the thumb (Jatru) or candle flame (Jyoti Trataka).

### I. VAMA- DAKSHINA JATRU TRATAKA

- Make a fist of your left hand, raise your thumb,
- Take the left hand left way as long as possible without losing sight of the tip of the thumb.
- Maintain for a while more in the extreme end and bring the left hand to the centre.



Notes



- Maintaining the left hand at the centre, move the right hand as above, making a fist and raising the thumb right up.
- Do not move the head.
- Move the eyeball.
- Repeat the whole thing three times.
- Do simple palming.
- Give more and more relaxation.
- Do Bhramari Pranayama.

## II. UBHAYA JATRU TRATAKA

- Stretch both the hands in the front. Raise the thumbs up.





- Start gazing at both the fingers.
- Start taking the right finger right way and the left finger left way.
- Maintain to gaze both thumbs simultaneously.
- If you cannot see both bring them little closer and maintain there.
- Slowly bring back both hands together without losing simultaneous sight of both thumbs.
- Do palming.
- Relax the arms.
- Slightly bend the head.
- Support the arms on the chest.
- Take a deep breath. Press the surrounding eyemuscles.
- Do Bhramari Pranayama.
- Enjoy the vibrations of Bhramari through the surrounding eye muscles

### **III. EYE WASHING WITH CUP**

#### **Practice:**

- Take an eye cup, fill it with water.
- Close the left eye with the left hand, bring the eye cup near the right eye with the right hand.
- Keep the right eyeball in water.





## Notes

- Repeat blinking - closing and opening the eye at least 7 times.
- Hold the eye cup with left hand bend to right and allow all the water to fall down over the right eye ball.
- Similarly repeat on the left side also.
- After completion on both sides, gentle massage on the muscles above and below the eye ball so that any water remaining will fall down.
- This is called Tear Sac Massaging.

**Benefits:**

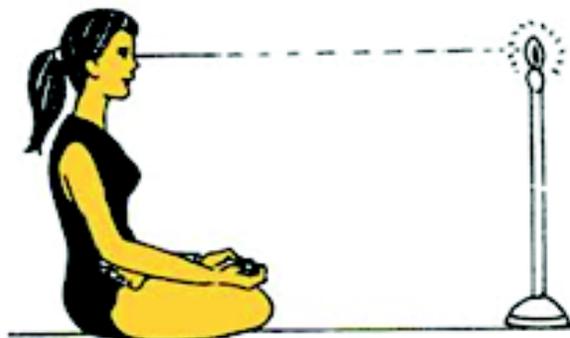
- This practice washes the eyes.
- Removes allergies.
- Extremely useful in eyesight improvement.

**IV. JYOTI TRATAKA**

Trataka is the practice of focusing on a fixed gazing point. Jyoti Trataka involves gazing at a flame.

**PREPARATIONS:**

- Get candles, candle stand and match box.



**Notes**

- Wash your eyes with cool and clean water before starting the practice for good result.
- When you practice in a group, sit around the candle stand, making a circle at sufficient distance from the candle stand (1.5 to 2 meters). Keep the candle at the same level as the eyes.

**STHITI:**

- Sit in any meditative posture.
- Keep your spine and neck erect perfectly vertical to the ground.
- Slowly close your eyes and collapse your shoulders.
- Relax the whole body completely and face with a smile.
- Let us start Jyoti Trataka i.e., "Effortless gazing or Focussing".
- Gently open your eyes with a few blinks and look at the floor. Do not look at the flame directly.
- Slowly shift your vision to the base of the candle stand, then move to top of the stand, then to the candle and then slowly look at the flame of the candle.
- Now, start gazing at the whole flame without any effort. Do not blink your eyes.
- If you feel any irritating sensations in your eyes use your willpower and gaze in a relaxed way. If tears appear, allow it to flow freely. Let the tears wash out the impurities from the eyes.
- Gaze at the flame about 30 seconds.



## Notes

- Slowly close your eyes, rub your palms against each other for a few seconds, form a cup of your palms and cover your eyeballs.
- Gently press and release palm.
- After completing five rounds, gently drop your hands down.
- Feel the cool sensation around the eyeballs. Relax for a few seconds. Do not open your eyes immediately.
- Next step we shall we combine palming with breathing and Bhramari. First apply constant pressure around your eyes, then inhale and chant Bhramari Mm....; feel the vibrations of Bhramari throughout the body; repeat the same.
- Inhale - chant Mm.... as you exhale, inhale Mm...., inhale Mm.... And the last round inhale Mm....; feel the sound resonance in the entire head region especially round the eye region.

**Benefits :**

- It makes the eyes clear, bright and radiant.
- It cleanses the tear glands and purifies the optical system.
- It is an excellent preparation For meditation.
- Strengthens eye muscles
- Improves concentration and memory
- It is important to note here that:
- Trataka Kriya helps to bring in concentration, which helps to focus on your studies.



- It prevents eye disease both muscular and optical if they are practiced regularly.
- Trataka and Eye washing with cups helps to cleanse your eyes and also allergies, which helps in improving your eyesight and concentration.
- Trataka Practice can be done by focusing on a small dot, moon, rising setting sun and green leaf without blinking.

## V. JALA NETI

Jala Neti is the process of cleaning the nasal cavity using water. Salted lukewarm water is used to get rid of the congestion and blockages of the nasal and the respiratory tract.

### Practice :

- Stand with legs apart.
- Hold the Neti pot in your right hand.
- Insert the nozzle of the Neti pot into the right nostril.
- Keep the mouth open and breathe freely through the mouth.
- Tilt the head first slightly backwards, then forwards and sideways to the left so that the water from the pot enters the right nostril and comes out through the left by gravity. Allow the flow till the pot is empty.
- Repeat the same on the left side.
- After finishing the process on both the sides, exhale forcefully from both the nostrils in all directions to get all the water out of the nostrils. This is the process of Kapalabhati.





Notes

**Benefits :**

- Neti Kriya helps in curing sinusitis, ailments of nose, throat and eyes.
- It helps to reduce colds, coughs and allergies.
- It helps in reducing the congestion and blockages of the nasal passage and encourages smooth breathing exchange through the nostril.

**It is important to note here that:**

- Water for Jala neti - Take 500 ml filtered lukewarm water and add 1 tsp. salt to it.
- After performing the Jala neti, Kapalbhati should be performed to dry the nasal region.
- Gently breathe through the mouth while performing the Neti kriya

**INTEXT QUESTIONS 6.1**

1. Trataka is a sanskrit word, which means .....or .....
2. Eye washing with cup helps in removing eye .....
3. Jala Neti is the process of cleansising the .....using water.

**6.2 PRANAYAMA**

Prana means energy and Yaama is to regulate. Pranayama is that which regulates the energy. Pranayama help to make the breath slow and rhythmic. When the breath slows down, mind becomes calm.

Pranayama helps you to -

- It improves blood circulation.
- It gives relaxation for body and mind.
- It improves your concentration skills.
- It releases anxiety.
- It improves the lung capacity.

### **I. KAPALABHATI (CLEANSING BREATH)**

Kapalabhati is one of the Yoga technique which is a breathing exercise. 'Kapalabhati' means 'shining forehead' in Sanskrit.

Practicing Kapalabhati will help to remove carbon dioxide from your body, makes you feel fresh and oxygenated. It also helps in improving your memory as it stimulates your brain cells.

#### **Practice:**

- Sit straight in any meditative pose. Take a deep breath.
- Exhale forcefully in such a way that the lower abdomen is contracted to expel out the air.



**Notes**



Notes

- Inhale spontaneously and passively without making any efforts.
- Air will enter the body through the passive inhalation. This is one Practice stroke of Kapalabhati. Begin with 10 strokes at a time. This is one round.
- One can practice one to three rounds in a practical session.

**Dont's:**

- Do not move the chest or shoulders during exhalation.
- Do not make effort to inhale.

**Benefits**

- It stimulates the abdominal region and improves digestion.
- Kapalabhati expels more carbon-dioxide and other waste gases from the lungs.
- It improves heart and lung capacity and therefore good for bronchial asthma.
- It improves blood circulation throughout the body.
- It energizes the body and removes lethargy.

**II. VIBHAGIYA PRANAYAMA**

Pranayama which helps in utilizing all the three lobes or sections which are abdominal, thoracic and clavicular which aids in deep breathing. Breathing becomes continuous, smooth and rhythmic. It corrects the wrong breathing pattern and increases the vital capacity of the lungs.



## **A. Abdominal (diaphragmatic) breathing(Adhama)**

### **Sthiti: Vajrasana**

#### **Practice**

- Place the hands resting on the thighs in Chin Mudra.
- Inhale, deeply, slowly and continuously, the abdomen bulges out.
- Exhale the abdomen is drawn inwards continuously and slowly.
- Repeat this breathing cycle five times.
- There should be no jerks in the whole process.
- It should be smooth, continuous and relaxing.

#### **It is important to note here that:**

- In abdominal breathing the air fills the lower lobes of the lungs.
- Avoid movement of the chest.

## **B. Thorasic (intercostal) breathing (madhyama)**

#### **Practice:**

### **Sthiti: Vajrasana**

- Place the hands resting on the thighs in Chinmaya mudra.
- While inhaling, expand the chest cage forwards, outwards and upwards.
- While exhaling relax the chest wall and return to resting position.
- Repeat this breathing cycle five times.
- Avoid movements of abdomen.



Notes

### C. Upper lobar (Clavicular) breathing (Adya)

#### Practice

#### Sthiti: Vajrasana

- Sit in any meditative posture.
- Place the hands resting on thighs in Adi Mudra.
- While inhaling raise the collar bones and shoulders upwards and backwards.
- While exhaling drop down the shoulders to the resting position.
- Repeat this breathing cycle five times.
- Try and avoid movements of the abdomen and chest.

### D. Full Yogic breathing

Full Yogic breathing is a combination of all the three sections of sectional breathing or Purna Shvasa.

#### Practice:

#### Sthiti Vajrasana

- Place the hands resting on the abdomen at the navel in Brahma mudrá.
- During inhalation, the Adhama, Madhyama and Adya Pranayama occur sequentially. Now exhale in the same sequence (abdominal, chest and clavicular).
- Repeat this breathing cycle five times.

#### Benefits

- The purpose of this practice is to make you aware of the three



different components of respiration (abdominal, thoracic and clavicular) and incorporate them into full yogic breathing.

- Even 5 minutes of full Yogic breathing daily can work wonders.
- When you feel tired or angry, practice of full yogic breathing. It will help in calming down your mind and revitalizing it.

**It is important to note here that:**

- The whole process should be relaxing and comfortable, with a smile on the face.
- Observe the time of your inhalation and exhalation.
- Breathing should be performed through the nose and not through the mouth. As you increase the number of rounds of the full Yogic breathing day after day, you will come to develop this practice as an automatic and normal function of the body.

**III. BHRAMARI**

Word Bhramari is derived from Bhramara which means a 'black humming bee'. In this Pranayama, the practitioner makes the sound which resembles the buzzing sound of a black bee, therefore it is named as Bhramari Pranayama.

**Practice:**

- Come into any meditative asana.
- Assume Chinmudra.
- Inhale deeply.
- Exhaling, produce a low pitched sound resembling the humming of a female bee.



Notes

- Feel the vibrations in the entire head. After exhalation, bring your hands back on your knees and breathe in slowly. This completes one round.
- Repeat 10 rounds.

### Benefits:

- It can be practiced at any time to relieve mental tension.
- It helps in improvement of concentration and memory.
- It helps to reduce anger.

### It is important to note here that:

- During the practice of Bhrámarè use 'N-kára' and not 'M-kára'.
- With long practices try to feel the strong vibrations in the entire head region along with its resonating effect throughout the body.
- In the beginning, 5 to 10 rounds of Bhramari is sufficient.

## IV. SURYA ANULOMA VILOMA PRANAYAMA

Surya Anuloma Viloma Pranayama is done by where both inhalation and exhalation is done through right nostril adopting Nasika Mudra.

- It helps to increase the physical energy and revitalize you.
- It increases the heat in the body.
- Purifies the blood and improves digestion.
- Beneficial for weight reduction.



**Practice :**

- Slowly adopt Nasika Mudra with your right hand.
- Now close the left nostril with the little and ring fingers of Nasika Mudra.
- Slowly inhale and exhale slowly through the right nostril only.
- Keep the left nostril closed all the time during the practice.
- This one cycle of inhalation and exhalation is one round.
- Practice five rounds.

**Note:**

- All the inhalations should be done through the right nostril and exhalations also through the right.
- Surya Bhedhan pranayama should be practiced on an empty stomach.
- This pranayama increases the heat of your body so it should be avoided if suffering from fever and in summers.

**V. CHANDRA ANULOMA VILOMA**

Chandra Anuloma Viloma Pranayama is done by where both inhalation and exhalation is done through left nostril adopting Nasika Mudra.

- It helps in cooling down the body.
- It is beneficial for anxiety and mental tension.
- It will help to calm down the mind.
- It is not advisable to practice in winter.



Notes

**Practice:**

- Slowly Adopt Nasika Mudra with your right hand.
- Close the right nostril with the tip of the thumb.
- Now inhale and exhale slowly through the left nostril only.
- Keep the right nostril closed all the time during the practice.
- One cycle of inhalation and exhalation is one round.
- Practice five rounds.
- This Pranayama cools the body.

**VI. SITHALI**

Sithali Pranayama is often translated as "the cooling breath" because the act of drawing the air across the tongue and into the mouth is said to have a cooling and calming effect on the nervous system. It should be



practiced at hot season since it is a cooling Pranayama and it cools the body and mind. It should be avoided during winter time. Because of its cooling effect, Sitali Pranayama is believed to benefit the nervous system and endocrine glands.

**Practice:**

- Place the palms resting on the thighs.
- Stretch the tongue forward partly out of the mouth and fold it so as to resemble the beak of a crow.



- Slowly suck in the air through the beak and feel the jet of cool air
- Passing down the throat into the lungs.
- Slowly exhale through the nostrils, feeling the movement of warm air all the way up from the lungs through the throat and the nasal passages.
- This completes one round of Shitali Pranayama.
- Repeat nine rounds.

**Benefits:**

- Regulates digestive system
- Improves the quality of breath
- Develops concentration and clarity
- Reduces fever
- Controls hunger and thirst
- Relieves stress

**VII. NADISHUDDHI PRANAYAMA**

Nadi Shuddhi Pranayama is alternate nostril breathing. Shuddhi means "to purify." The practice balances the flow breath through the right and left nostrils. This pranayama practice begins and ends by breathing through the left nostril. One inhales through the left nostril and then exhales through the right nostril, then the order is reversed by inhaling through the right nostril, and exhaling through the left nostril. This pranayama is called Nadi-shuddhi Pranayama. It is also called as Anuloma Viloma Pranayama.



Notes

Nadi Shuddhi Pranayama purifies the blood and respiratory system. The deeper breathing enriches the blood with oxygen. This Pranayama strengthens the respiratory system and balances the nervous system. It helps to relieve nervousness and headaches.

### Practice :

- Sit in any meditative posture.
- Adopt Nasika Mudra.
- Slowly close the right nostril with the right thumb and exhale completely through the left nostril. Then inhale deeply through the same left nostril.
- Close the left nostril with your ring and little finger of the Nasika Mudra, release the right nostril. Now exhale slowly and completely through the right nostril.
- Inhale deeply through the same right nostril. Then close the right nostril and exhale through the left nostril. This is one round of Nadi Suddhi Pranayama.
- Repeat five rounds.



### Benefits :

- Clears and releases toxins.
- Calms and rejuvenates the nervous system.
- Enhances the ability to concentrate.
- Brings balance of mind and clarity of thought.

**It is important to note here that:**

- This practice will balance the two nostrils and also cleans the nasal tract.
- This Pranayama brings calmness to the mind.



## **INTEXT QUESTIONS 6.2**

1. Kapalabhati is yoga technique of .....
2. Bhramari is Sanskrit word derived from Bhramara which means .....
3. Nadi Shuddhi pranayama purifies the ..... and.....

## **6.3 MUDRA AND BANDH**

Mudra and Bandha are Yogic techniques which bring stability to the mind. They work on a much deeper and more subtle level than the Asanas.

Mudra means a "sign" or a "seal" in Sanskrit. We use these gestures mostly in meditation or in Pranayama practice to direct the flow of energy within the body by using the hands. Different areas of the hands are connected with areas in the body and the brain. So when we place our hands in Yoga Mudra's, we stimulate different areas of the brain and create a specific energy circuit in the body. By doing this, we help generate a specific state of mind.

Bandha means to lock or to stop. In the practice of a Bandha, the energy flow to a particular area of the body is blocked. When the Bandha is released, this causes the energy to flood more strongly through the body with an increased pressure.



**Notes**



Notes

In this lesson you will learn Basic Mudras, which are helpful for Pranayama and Three Main Bandha's.

## I. CHIN MUDRA

This is the most commonly used single-hand gesture in the yoga tradition. The index finger represents individual consciousness, the thumb universal consciousness. Their joining together in Chin Mudra expresses the union, or yoga, of these two aspects.

### Practice:

- Touch the tips of the thumbs with the tips of the forefingers.
- Keep the other fingers straight.
- Rest the palms on the middle of the thighs.



### Benefits:

- It increases memory and intellectual power.
- Calms anger and gives relief from headaches.
- Facilitates breath in lower lobe and abdomen.

## II. CHINMAYA MUDRA

Chinmaya Mudra is a simple hand gesture using the thumb and the index finger. The practice of this mudra is said to bring awareness to the body that helps in keeping the body and mind healthy.

**Practice:**

- The tips of the forefingers touch the tips of the thumbs and all other fingers are folded into the hollow of the palms.
- Rest them on the thighs.



Notes

**Benefits:**

- This Mudra done for a longer duration will increase the memory power.
- It helps to keep the digestion in control, reducing constipation.
- It helps to build better eating habits, including improved discipline.

**III. ADI MUDRA**

Adi Mudra is considered the first Mudra because it is the first position an infant can make with the hands. It is often used while practicing meditation, and is thought to aid in Pranayama because it increases breathing and lung capacity, thus increasing oxygen flow throughout the body.

**Practice:**

- Make fists of both hands with the thumbs tucked in.
- Rest the fists on the thighs.



**Benefits:**

- Relaxes the nervous system.
- Improves the flow of oxygen to the head.
- Increases the capacity of the lungs



Notes

#### IV. BRAHMA MUDRA

This Mudra is used in both Yoga Asana, meditation and Pranayama practice. Brahma is the name of the creator god and in Sanskrit is translated as "divine," "sacred" or "Supreme Spirit." Mudra means "gesture" or "seal."

##### Practice:

- Make fists of both palms with the thumb tucked in and place them on either side of the navel with the palms facing upwards and the knuckles touching each other.



##### Benefits:

- Improves focus
- Releases negative energy
- Removes toxins

#### V. NASIKA MUDRA

Nasika Mudra is used primarily during the practice of Pranayama to control the left and right nostrils during techniques such as Nadi Shodhana Pranayama.

##### Practice:

- Raise your right hand up and fold the index and middle fingers to touch the palm.



- Let the thumb, little and ring finger stay up. Try to keep it as straight as possible without unnecessary strain.

**Benefits:**

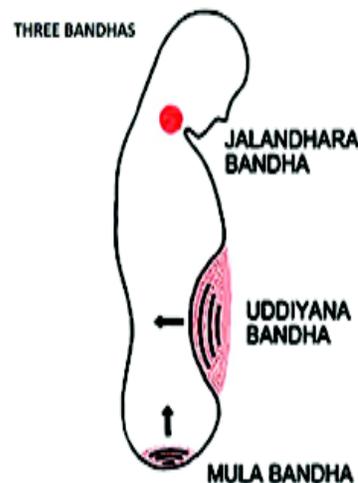
- Better retention and concentration power.
- Improves sleep pattern.
- Lowers negativity.
- Reduce stress and anxiety and treats depression.
- Increases energy in the body.

**VI. UDYANA BANDHA**

Udyana Bandha is an abdominal lock. Udyana in Sanskrit is moving up, hence this Bandha is termed as Uddiyan Bandha. While performing this Bandha the muscles of the diaphragm are pulled in an upward direction.

**Practice:**

- Sit comfortably in any meditative posture
- Completely exhale and hold the breath out.
- Place the hands on the knees, raise the shoulders and tilt the body forward slightly, keeping the back straight.
- Pull the abdominal muscles in and up into the abdominal cavity as far as possible.



Notes



Notes

- Hold the position as long as comfortable.
- Release the muscular tension and return to the starting position with a deep inhalation.
- Breathing normally remains for some time in this position.

### **Benefits:**

- It tones the adrenal glands and balances its function.
- It improves digestion by increasing the digestive fire.
- It helps to remove stress and tension.
- It improves the function of the liver and pancreas.

## **VII. JALANDHARA BANDHA**

Jalandhara Bandha or the Chin Lock is one of the three main Bandhas. Jalandhara Bandha is practiced by bending the head forward and pressing the chin against the throat in the gap between the collar bones.

### **Practice:**

- Sit comfortably in any meditative posture.
- Inhale deeply and hold the breath.
- Place the hands on the knees, lift the shoulders and tilt the body forward slightly, keeping the back straight.
- Press the chin firmly against the chest or between the collarbones so that the windpipe and esophagus are firmly closed.
- Raise the head and with a long exhalation return to the starting position.
- Breathing normally remains in this position for some time.



**Benefits:**

- This Bandha helps to improve your capacity to focus.
- Jalandhara Bandha regulate the body metabolism.
- It enhances blood circulation

**VIII. MOOLA BANDHA**

Mula in Sanskrit means 'root' or 'base' and Bandha means a lock. Mula Bandha means the root lock. This Bandha is best performed in Siddhasan as it helps give an automatic Moola Bandha and creates more awareness in this region. If Siddhasan is difficult then one can sit in Padmasan or any other meditative asana.

**Practice:**

- Sit comfortably in any meditative posture.
- Inhale deeply and hold the breath.
- Place the hands on the knees, raise the shoulders and tilt the upper body slightly forward. Firmly contract the anal muscles.
- Hold the muscular contraction and the breath as long as possible.
- With a long exhalation return to the starting position.
- Breathing normally remains in this position for some time.

**Benefits:**

- Calms the nervous system
- Calms and relaxes the mind.



Notes



### INTEXT QUESTIONS 6.3

1. Brahma Mudra releases .....
2. While performing Uddyanabandha muscles of the..... are pulled in an upward direction
3. Moola bandha is derived from sanskrit word Mula which means ..... or.....



### WHAT HAVE YOU LEARNT

We have understood the concept of Pranayama, Kriya, Mudra and Bandha. We have also noted the benefits of performing these Pranayama and Kriyas. You have learnt about the following Pranayama, Kriyas, Mudra and Bandha, also the step by step to perform the same.

#### Pranayama:

- Kapalabhati
- Vibhagiyā Pranayama
- Bhramari
- Surya Anulomaviloma
- Chandra Anulomaviloma
- Sithali
- Nadishuddhi Pranayama

#### Kriyas

- Vama Jātrū Trātaka
- Ubhaya Jātrū Trātaka

- Eye Washing with Cup
- Jothi Trataka
- Jala Neti

### **Mudra and Bandha**

- Chin Mudra
- Chinmaya Mudra
- Adi Mudra
- Brahma Mudra
- Nasika Mudra
- Undyana Bandha
- Jalandhara Bandha
- Moola Bandha



### **TERMINAL QUESTIONS**

1. What is Pranayama?
2. What is Kriya?
3. What is Trataka?
4. What is Kapalabhati?
5. What is Bhramari Pranayama?
6. What is Vibhagiya Pranayama?
7. What is Nadi Shuddhi Pranayama?
8. What is Mudra?
9. What is Bandha and which are the three Bandha's?



**Notes**



Notes



## ANSWERS TO INTEXT QUESTIONS

### 6.1

1. To look or to gaze
2. Allergies
3. Nasal Cavity

### 6.2

1. Breathing Exercises
2. Black humming bee
3. Blood and Respiratory System

### 6.3

1. Negative energy
2. Diaphragm
3. Root or Base