

373e29pm

Practical 29

Kapalabhati Kriya

Kapalabhati Kriya is a frontal brain cleansing.

Aim

To perform the kapalbhati Kriya.

After completion of this practical you will be able to perform and demonstrate the practice of kapalabhati kriya.

Requirements

- Yoga mat -1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be calm, clean and well ventilated.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, belt, watches etc before practice.

Method

1. Sit in Padmasana or Sukhasana with straight spine.
2. Keep both hands on the knees.
3. Take a deep breath normally by relaxing the abdominal muscles.
4. Exhalation should be rapid and forceful while the inhalation is normal.
5. Holding of breath is not done in Kapalabhati. Only exhalation and inhalation is practiced.
6. Exhalation is the main part of Kapalabhati.
7. Repeat the same procedure about 20-25 times and gradually increase the time of practice.

Time: practice should be done on empty stomach.



Benefits

- It purifies the lungs and blood by increasing the amount of oxygen in the body.
- It calms down the mind.
- Regular practice helps in reducing the weight and detoxifies all the systems of the bodies.

Precaution:

- This is not suitable for heart and high blood pressure patients.
- Do not practice it in the summer for a long time.
- In any medical condition take expert advise.



Note



Fig. 29.1: Kapal Bhati

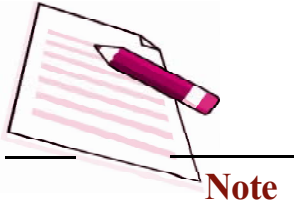
Effects and Observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	1W	2W	3W	4W	5W	6W	7W	8W
Lightness of forehead								
Releasing of tiredness								
Proper breathing								
Relieve headache								

- ✓ or × under physical effect and submit the record.





Observation

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(Signature of the Instructor)

