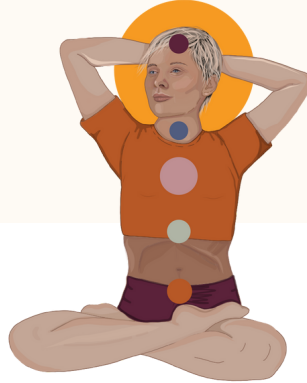


TECHNIQUES

Take notes of your experince, insights and questions.



1

Viloma inhale 3 parts for 3 seconds

Viloma exhale 4 parts for 4 seconds

Keep the nasal sniffs and puffs of air at an even pace.

2

Viloma inhale 4 parts for 4 seconds

Viloma exhale 5 parts for 5 seconds

Keep your counts, rhythms and pace consistent and even.

3

Viloma inhale 4 parts for 12 seconds

Viloma exhale 5 parts for 15 seconds

Keep your counts, rhythms and pace consistent and even.

DEFINITIONS

Understand each technique on this Day.



1 A **viloma** inhale is where you sniff the air in quickly with the nose, pausing before the next sniff in. A **viloma** is any pause that is in between the same direction of breath; *if you change directions of breath after the pause, it isn't a viloma.*

2 A **viloma** exhale is where you puff the air out quickly from the nose, similar to blowing your nose when you have something unwanted in it, pausing before the next puff out. A **viloma** is any pause that is in between the same direction of breath; *if you change directions of breath after the pause, it isn't a viloma.*

***** If you become breathless as you extend the time of the vilomas (pauses,) then allow yourself to speed up the pace. This will allow you to keep the technique structure but just shift the duration and rhythm to one more manageable until you're able to slow it back down.



Learn more in **Breath Technique Training (BTT)!**

HOMWORK

Repeat the guided audio practice and track your progress after each technique by noting any roadblocks or revelations.

