

TECHNIQUES

Take notes of your experience, insights and questions.



1

Bhastrika Sama-vritti 4·4·4·4

Actively inhale for 4 seconds, retain the breath for 4 seconds, actively exhale for 4 seconds, suspend the breath for 4 seconds.

2

Bhastrika Sama-vritti 6·6·6·6

Actively inhale for 6 seconds, retain the breath for 6 seconds, actively exhale for 6 seconds, suspend the breath for 6 seconds.

DEFINITIONS

Understand each technique on this Day.



1

Bhastrika is where you **actively** inhale/exhale.

2

A **Sama-vritti** is when you keep all four parts of your breath at an equal duration, volume and pressure. Also known as a **box** breath.

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A **Bhastrika** breath can be any volume, with the traditional Bhastriksa being 20-30%. A **Sama-vritti** can be any duration. Learn so much more about these techniques and 60 more in BTT!



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

HOMEWORK

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

