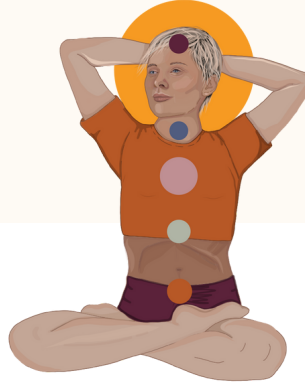


TECHNIQUES

Take notes of your experience, insights and questions.



1

Dirga Viloma inhale for 6 seconds
Retain breath in for 2 seconds
Ventilation exhale for 10 seconds

Inhale to your belly for 2 seconds, then into your middle ribs for 2 seconds and finally into your heart for 2 seconds.

Retain your breath in for 2 seconds.

Place your tongue behind your front top teeth, separate your lips and Ventilate, hiss the air out of your mouth for 10 seconds.

DEFINITIONS

Understand each technique on this Day.



1

A **Dirga** is a 3-part breath that begins in the belly, then middle body and finishes at the upper chest.

2

A **Viloma** is when you break a section of the breath (inhale or exhale) into pieces with pauses in between the same direction of breath.

3

A **Retention** is when you hold your inhalation in.

4

A **Ventilation** is where you use your tongue to direct the airflow of your exhale along the roof of your mouth and out a small opening, creating a tiny valve.

*

A **Dirga** breath can be adjusted to different breathing mechanics (parts of the body that you use to breathe) and a **Ventilation** has many variables but traditional sweet spot sounds like a whistle.



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.

