

## Sadhana 6

<p><i>Puja - create your own</i></p> <p>Mantra 108 rounds - choose your own</p> <p>Ida and Pingala Pranayama</p> <p>Prana Apana Kriya</p> <p>Guru Mantra Meditation (30 mins)</p>
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### Puja

The practice of Puja (or Ritual) at the beginning of practice, melts away resistance and drops us into heart space. It allows us to be an open channel for divine consciousness to flow through.

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### Mantra

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### Ida and Pingala Pranayama

A strong activating practice for balancing the nadis of Ida and Pingala. An activation of the fire centre whilst using a spiralling movement to awaken Kundalini. Move into this practice slowly and be mindful of any vertigo or dizziness. If this occurs, stop the practice immediately and rest.

#### Guidance

- Start seated. Interlace the hands behind the head.
- Inhale through the nose as you twist the body to the left and exhale through the mouth (in an O shape) as you twist to the right.
- Continue for 1 min.
- Swap the inhale and exhale over and continue for a further 1 min.
- Eyes closed and focus at third eye.

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## Prana Apana Kriya

A gentle breath practice that allows for a deeper access to breath and encourages the movement of prana throughout each of the *Prana Vayus*. It primarily works with *Prana Vayu* (movement of prana from the heart to the crown) and *Apana Vayu* which moves from the navel to the root.

A stabilising, grounding and centring practice.

### Guidance

- Start seated. INHALE.
  - EXHALE bring the hands to Apana Mudra (hands facing down, thumb and middle + ring finger to touch).
  - INHALE bring the hands to Prana Mudra (hands facing up, thumb and ring + little finger to touch).
  - Continue to switch between the two mudras and you inhale & exhale.
  - Continue for 3 minus or up to 12 if using this practice as a meditation.
  - Eyes closed and focus on the movement of prana or at third eye.
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