

PRANA

Conscious Breath Practice Designed With Music

“According to the Yoga Sutras, compiled by the sage Patanjali in 150 BCE, pranayama is one of the classical Eight Limbs of Yoga. Pranayam conscious practice helps to cleanse, balance, and purify our essential life force called PRANA in Sanskrit. Adding pranayama to our routine or our yoga and meditation practice can help us stay healthy in mind, body, and spirit.



Pranayam can be divided into pran and yam. Prana is the breath energy which is also the vital energy of this human system and yam means to control the breath in such a manner so as to have health and long life. Indian ancient riches and yogis have described about 70 types of pranayam. However about 15 types of pranayam are popular and essential for maintenance of good health and promote longevity.

PRANA: PRANAYAM PRACTICE SEQUENCE

1. **Bhastrika Pranayam** (energize the body and mind)
2. **Kapalbhati Pranayam** (release the stress and toxins)
3. **Mahabandh**: The Great Lock (activate the prana shakti)
4. **Ujjayi Pranayam** (remove negative thinking)
5. **Nadi Shodhana Pranayam** (rejuvenate the nervous system)
6. **Bhramari Pranayam** (stabilize the mind)
7. **Udgeet Pranayam** (Feel the grace, bliss and contentment)
8. **Shanti Mantra** (merge in peace)

MANISH VYAS:
MUSIC FOR
PRANAYAM!
MANISH HAS
BEEN
PRACTICING
PERSONALLY
PRANAYAM FOR
MORE THAN 20
YEARS. THIS IS A
PERSONAL
PRACTICE
LEARNED FROM
HIS GURU IN
INDIA

This special compilation of Manish's music is specifically created to support the Pranayama practice that Manish teaches in his retreats and workshops. The beauty about this music is that it makes the whole practice very playful and soothing, simultaneously deepening the process and effects of this ancient yogic technique of guided, rhythmic and conscious breathing.



MANISH 'S RICH MUSICAL EXPERTISE IS FOR THE APPLICATION OF YOGIC TECHNIQUES LIKE PRANAYAM AND DHYAN, WHICH WERE ALL BORN IN INDIA.

READ HIS BLOG ABOUT PRANA AND PRANAYAM:

<https://www.manishvyas.ch/post/prana>

More information and music:

<https://www.manishvyas.com/prana>

Those who have a musical ear should think themselves fortunate because beyond music, just one step more, they enter the world of meditation, silence. Silence is the ultimate music.'