



All *vayus* are sub-doshas of VATA dosha. They are all movements of main Prana, and we will look at each of them individually.










Location	MANIPURA chakra: navel, stomach, small & large intestine, liver, pancreas, spleen
Function:	Kindles <i>agni</i> , digestion, represents meeting point of prana & apana, converts intelligence in the food into consciousness, balances digestion & elimination, stabilizes the mind and instinctive urges like hunger and sex, so we can regulate them. SAMANA governs <u>discernment, consolidation, centering, balancing, absorption.</u>
Direction:	SPIRAL - periphery to center
Imbalance symptoms:	Digestive issues
	Feeling of heaviness in stomach
	slow peristalsis of food and it takes long time to digest
	low appetite
	Mal-absorption (samana high)
	Diarrhea

	Constipation
	Indigestion (samana low)
	Diseases of small & large intestine
	IBS
	leaky gut
	Crones
	colitis
Causes of imbalance:	wrong food combinations, wrong foods
Element:	FIRE
Asana:	TWISTS, core work, Agnisara
Mudra:	<i>Chin Maya Mudra: thumb and index tips touch, the rest of fingertips touch middle of palm. Palm faces down.</i>
Pranayama:	<i>SAMA VRITTI = 1:1 breath ratio - INhale and EXhale are equal in length. Example: IN4:EX4. This pranayama is equalizing, balances the sympathetic and parasympathetic nervous systems.</i>
	NADI SHODDHANAM - alternate nostril breathing, all variations of it
Meditation:	<i>Samana Kriya Meditation:</i> Begin with eyes closed. See, feel and sense the universe: stars, galaxies, planets, and suns all around you. <i>INHALE:</i> draw the light of all these bodies through the top of head down the spine, into the navel center. <i>HOLD</i> the breath briefly and feel a bright fire building at the navel center, turning into a powerful steady flame. <i>EXHALE</i> let all that energy and light spread through the tissues of the body and layers of the mind and heart. Repeat x10
	<i>Samana Static Meditation at the navel chakra:</i> <i>Now rest your awareness at the navel center. See, sense or feel a pinwheel of multi-colored energy and light, anchored at the navel, becoming more concentrated, spinning clockwise, providing perfect luminosity. stability and centeredness. Multi-colored spiral of light at the navel, spreading its power through the tissues of the body and layers of the mind...</i>
Mantra	RAM
Lifestyle:	vigorous rhythmic activities that involve abdominal strength (like digging, swining a bat, some styles of dancing)
Diet:	pungent taste: hot peppers, red tomatoe sauces and all other red foods
Herbs:	cumin, coriander, ginger, fennel, Ajwan, Hinge



Movement:	<p>TWISTS (rotation): alternately stretch and compress paraspinal muscles, sacral attachments, neck, viscera, kidneys and adrenals, lung tissue to A. purify and B. tonify their function. TWISTS are the most complex category of asana, most confusing to do (due to their wildly asymmetrical nature), yet most centering/focusing, and, consequently, most spiritual. TWISTS <u>must be counterposed dynamically</u> with symmetrical mild backbends (like Shalabasana (locust)) and forward bends (like Balasana (child)) to A. stabilize any overstretching and B. release any tension</p>
<p>Twists are many, but all twists are combination of Forward bend and Backbend - integrating APANA and PRANA vayus at the core. The vertebral rotation can be felt in any section of the spine (lower, mid, upper, neck) - and will affect tissues and organs around that section. The ultimate and most complete (most evolutionary) twists are Lateral Twists - which are done by FIRST extending the spinal column to optimal length and SECOND twisting into that increased space. This ensure safety of twisting and maximizes its benefits. Here are some common twists, just the tip of the iceberg, of course. Can you come up with more? Practice these asanas one at a time and see where along the spine are they felt most?</p>	



<p>STANDING</p>	 <p><i>Parvritta Trikonasana = revolved triangle pose</i></p>	 <p><i>Parvritta Ardha Chandrasana = revolved half moon pose</i></p>	 <p><i>Parvritta Parsvakonasana = revolved side angle pose</i></p>
<p>ARM BALANCE</p>	 <p><i>Parsva Bakasana = side crane pose</i></p>	 <p><i>Maksikanagasana = dragonfly pose</i></p>	
<p>SUPINE / PRONE</p>	 <p><i>Jathara Parivartanasana = revolved abdomen pose</i></p>	 <p><i>revolving lunge</i></p>	
<p>SEATED</p>	 <p><i>Adrha Matsyendrasana = half Lord of Fishes pose</i></p>	 <p><i>Parivrtta Janu Sirsasana = revolved knee to head pose</i></p>	