

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

*Prana vayu gives rise to: LIFE (vitality, “energy”, capacity to be and to become)*

<b>Location</b>	<b>ANAHATA chakra and up: lungs, heart, throat, brain, sense organs; thighs, waist</b>
<b>Function:</b>	Inhalation, reception of all things (food, air, senses, thoughts), radiance, immunity, coughing, sneezing, belching, thinking, mind control, joy, happiness. DIRECTS and FEEDS INTO the other 4 VAYUS
<b>Direction:</b>	IN - outside to inside
<b>Imbalance symptoms:</b>	lack of mental clarity
	Fatigue
	exhaustion
	lack of reason




	Parkinson's disease
	lack of enthusiasm
	dementia
	sleep apnea
	Alzheimer
	anxiety
	bronchitis
	astma
	shallow breathing
	inhalation related disturbances
	Blocked respiratory passages
	Aches & pains local and generalized
	low energy
	Emotional trauma
	Lower immunity (lack of ojas)
<b>Causes of imbalance:</b>	too much doing, suppressing natural urges, eating wrong food, too much talking
<b>Element:</b>	AIR
<b>Asana:</b>	Backbends, upper Lateral stretches
<b>Mudra:</b>	<i>Aadi Mudra</i> : tumb into palm. close the rest of fingers around thumb. Palms face <u>down</u> . ***Activates upper lungs
<b>Pranayama:</b>	INHALE krama, INHALE retention, Bhastrika, Brahmuri
	<i>NADI SHODDHANAM</i> - alternate nostril breathing, all variations of it
<b>Meditation:</b>	<b>Prana Kriya Meditation:</b> <u>INHALE</u> - draw white light in through the gates of 5 senses: eyes, ears, nose, skin, mouth - toward your eyebrow center. <u>HOLD</u> your breath, see, sense or feel a ball of white light forming at 3rd eye. <u>EXHALE</u> feel Prana move out of 3rd eye through gateways of 5 senses, healing the nervous system, curing fatigue and exhaustion. Repeat x10. Pranic bath to the brain, refreshing and revitalizing it for more productive mental intelligence.
	<b>Prana Vayu Static Meditation:</b> Rest quietly. Meditate on the brain soaking in a bath of white light, completely replenishing and restoring vital intelligence
<b>Mantra</b>	<i>YUM</i>
<b>Lifestyle:</b>	Mountains, sun, beach, forest camping - Nature.



<b>Diet:</b>	Raw foods are high in prana; caffeine. Fresh food is high in prana.
<b>Herbs:</b>	Tulsi, Brahmi, Holy Basil
<b>Movement:</b>	BACKBENDS, LATERAL stretches, cardio (dancing, biking, twirling a pole, rope or ball - upper body mobility centered movement, cardio)

BACKBENDS are spinal EXTENSION. Posterior spine gets shorter, and extremities (arms and legs) move away from anterior plane of the body, expanding it. Front widens and opens, back side strengthens and shortens. BACKBENDS are considered “heart openers” - but they are really more like heart “squizers”, a.k.a. tonifiers. That’s why they are so cardiovascular - they” increase our heart rate in no time, AND improve respiratory function (especially that of INhalation). Below are some examples of BACKBENDS.

<b>STANDING</b>	 <i>Utkatasana = "fierce" (chair) pose</i>	 <i>Virabhadrasana I = Warrior I pose</i>	 <i>Natarajasana = King Dancer pose</i>
<b>ARM BALANCE</b>	 <i>Urdhva Dhanurasana = upward bow pose</i>	 <i>Purvottanasana = upward plank pose</i>	 <i>Pincha Mayurasana = peacock's feather pose</i>
<b>SUPINE / PRONE</b>	 <i>Bujangasana = cobra pose</i>	 <i>Salabhasana = locust pose</i>	 <i>Setu Bandhasana = bridge pose</i>
<b>SEATED</b>	 <i>Ustrasana = camel pose</i>	 <i>Eka Pada Rajakapotasana = one leg king pigeon pose</i>	