










**UDANA VAYU**

	Forget things
	throat diseases
	astma
	upper respiratory
	stuttering
	alzheimer
	feeling of obstruction in chest & neck region
	all thyroid disorders
	all speech disorders
<b>Causes of imbalance:</b>	too many surprises (startled)
	talk/laugh/cough too much
<b>Element:</b>	SPACE
<b>Asana:</b>	INVERSIONS, EXTENSIONS, Setu Bandhasana, MAHA MUDRA
<b>Mudra:</b>	<i>Aadi Mudra</i> : thumb into palm. Close the rest of fingers around thumb. Palms face <u>up</u> . ***Activates upper lungs
<b>Pranayama:</b>	A-U-M kriya
<b>Meditation:</b>	<b>Udana Kriya Meditation:</b> INHALE through the mouth. Concentrate on bringing consciousness to the throat. Hold the breath and see a ball of light in the throat building vitality and energy in the throat. EXHALE chanting OM while feeling your energy rise and expand from the throat to the edges of the universe. Repeat x10
<b>Mantra</b>	<i>HUM</i>
<b>Lifestyle:</b>	Singing, chanting
<b>Diet:</b>	Warm nourishing liquids
<b>Herbs:</b>	Licorice
<p>INVERSIONS (especially Shoulderstand / Salamba Sarvangasana) bring energy to the throat/head.</p> <p>EXTENSIONS - lengthening the spine UP, when practiced correctly, promote the upward energetic putting fuel (junk in the trunk) above the fire @ the navel. This brightens the Agni and, when out of inversion, that bright flame still moves up, as is nature of fire. EXTENSIONS are a backbone of every other category of asana. Having mastered EXTENSIONS - all other categories can be practiced safely. And every asana can be a gateway to EVOLUTION.</p> <p>Below are some examples of EXTENSION asanas.</p>	



<p><b>STANDING</b></p>	 <p><i>Tadasana = mountain pose</i></p>	 <p><i>Malasana = garland pose</i></p>	 <p><i>Garudasana = Eagle pose</i></p>
<p><b>ARM BALANCE</b></p>	 <p><i>plank pose</i></p>	 <p><i>Chaturanga Dandasana = four limbed staff pose</i></p>	
<p><b>SUPINE / PRONE</b></p>	 <p><i>Savasana = corpse pose</i></p>		
<p><b>SEATED</b></p>	 <p><i>Baddha Konasana = bound angle pose</i></p>	 <p><i>Gomukhasana = cow face pose</i></p>	 <p><i>Sukhasana = easy pose</i></p>