



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.

Vyana: PROSPERITY (generosity: spread it around, everywhere)

Location	ANAHATA chakra (primary) and SWADISTHANA (secondary): heart, pelvis, nervous system, circulatory system
Function:	Circulation of blood, oxygen and nutrients through entire body, locomotion, close & open eyelids, yawning, perception of taste, nourishment of tissues, especially blood and plasma, emotions, compassion, courage
Direction:	EVERYWHERE - from center to periphery
Imbalance symptoms:	Low or high blood pressure
	Congested lymph
	Unable to form intimate relationships
	Relationship issues with family



	does not like to be touched
	Perspires too much or too little
	issues with circulation of food through the body
	mental instability
	fever
	body ache
	anxiety attacks
	heart attacks
	heart palpitations
	stroke
	stiffnes in joints
	disturbance in blood pressure
Causes of imbalance:	too much travel & moving, dry foods
Element:	WATER
Asana:	Laterals (side stretches), backbends, Sun/Moon Salutations, Savasana
Mudra:	<i>Brahma Mudra: aadi mudra</i> palms faced up and touching (2nd & 3rd knuckles together, thumbs away from and little fingers toward the body - relaxing in lap)
Pranayama:	INHALE KRAMA Progression of hold, example:
	a) INHALE 6 - hold 0 - EXHALE 6 - hold 0
	b) INHALE 6 - hold 4 - EXHALE 6 - hold 0
	c) INHALE 9 - hold 0 - EXHALE 9 - hold 0
	d) INHALE 9 - hold 6 - EXHALE 9 - hold 0
Meditation:	Meditation kriya for vyana vayu, located everywhere: Sit comfortably with hands in anjali mudra (prayer position) at the heart, eyes closed. INHALE: spread your arms out wide. Feel energy flow from your heart through the arms and legs, hands and feet, through top of the head, in all directions.. HOLD the breath briefly. Feel life force expand from your heart, arms, legs, hand, feet, head far and wide, reaching to the edges of the Universe. EXHALE: slowly bring hands back to the heart. Feel vyana return back to the heart, as if you are returning back to your source. Repeat x10



	Vyana Static Meditation: Lower hands to knees. With attention at the heart, see an orange wheel spinning clockwise, sending rays of orange light and energy outward in all directions, filling the body and spreading to the universe and beyond (3-10min)
Mantra	YUM
Lifestyle:	Swimming, paddleboarding, canoeing, vacations by the water, adequate sleep on a soft bed
Diet:	Healthy fats (avocado, ghee, nuts), cucumber, melons
Herbs:	Arjuna

LATERALS are asymmetrical and expansive. Use lower body laterals for build Vyana in pelvis, and torso side stretches for Vyana in heart. LATERALS are also cooling for Pitta dosha, as they allow excess heat from liver, pancreas and spleen to escape. PRANA and VYANA vayus are related, and their disorders are similar. Below are some examples of LATERALS:

STANDING	 <i>Trikonasana = triangle pose</i>	 <i>Utthita Parsvakonasana = extended side angle pose</i>	 <i>Utthita Hasta Padangustasana = extended hand-to-big toe pose</i>
ARM BALANCE	 <i>Vasisthasana = side plank, named after sage Vasistha</i>	 <i>Visvamisrasana = sage Visvamitra's pose</i>	
SUPINE / PRONE	 <i>Banana asana</i>	 <i>Anantasana = bliss pose</i>	 <i>Mandukasana = frog pose</i>
SEATED	 <i>Parivrtta Janu Sirsasana = revolved head-to-knee pose</i>	 <i>Parivrtta Surya Yantrasana = revolved sun dial pose</i>	