

# Start Day Guide

for Breath Body Practice — Mindful Breathing

## do's

### • Practice Early

Breathing practices need to be done on an empty stomach. Practice early in the morning, after emptying your bladder (and hopefully bowels) and hydrating. Start your day by clearing the space of your inner body for the flow of consciousness. Your practice in the morning will affect your entire day — and you'll make better, more conscious choices.

### • Wear loose clothes + sit

Your body needs to expand, unrestricted, for the breathing practice. Sit upright, on as much height as needed to easily maintain an upright spine. Sit on the edge of a chair if that is more comfortable than on a floor cushion.

### • Be Gentle

Use your ambition in pranayama (breathing practice) to get you to the cushion and to stay there for the allotted time. You don't need to use ambition to move a ton of breath. Be gentle with yourself — and slowly build your practice.

### • Link day to day

My first pranayama teacher described the pranayama practice as stringing a pearl on a necklace day by day. She said when you skip a day — you break the chain of momentum, and you start again, stringing bead by bead, day by day.

### • Breathe for Nourishment

Prana is inherently nourishing and nutritifying. The subtle channels of your body are nourished and strengthened by prana. The prana carries consciousness into cells, and enables cellular intelligence to interconnect into a network. Allow yourself to perceive the prana as inherently nourishing and relax into its flow.

## start here

Ujjayi is the most basic deep breathing practice. It means "triumphantly uprising" — which is how you feel when you get the benefit of the practice.

1. Set your timer for 5, 10, or 15 minutes, depending on your previous experience.
2. Inhale through your nose, then exhale slowly through a wide-open mouth. Direct the outgoing breath slowly across the back of your throat with a drawn-out HA sound. Repeat several times.
3. Close your mouth.
4. Inhale and exhale through your nose, direct the breath slowly across the back of your throat. You should hear a soft hissing sound — like Darth Vader.
5. Make the inhale and exhale match in length, volume, and smoothness.

This "Darth Vader" sound is the "unspoken mantra" which:

- slows your breath down
- focuses awareness on the breath instead of your thoughts
- regulates your flow of prana

Set your timer for 5 minutes. After 2 weeks, increase your time to 10. After a month, increase your time to 15 minutes.

After your timer goes off, return to normal breathing for a minute or two, then lie down in corpse pose and absorb the prana for a moment.

# Quick Morning Yoga Sequences

for Breath Body Practice

used with permission:  
[yogawithamey.com](http://yogawithamey.com)

## SUN SALUTATION VARIATIONS

\* Half Surya Namaskara



Some variations:  
(substitute as needed / desired)



\* Surya Namaskara A



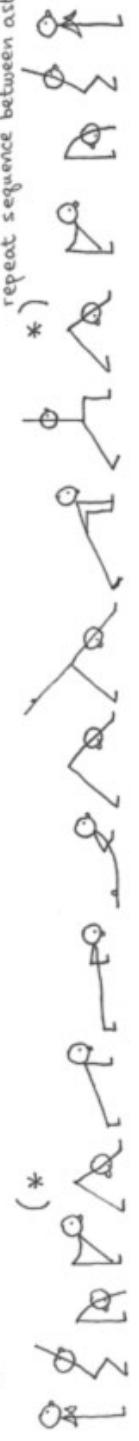
gentle variation with a chair:



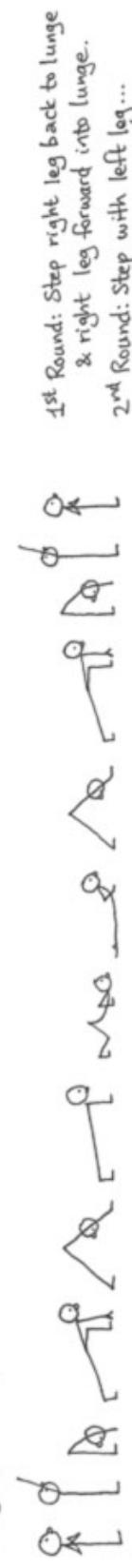
full, more challenging version:



\* Surya Namaskara B



\* Surya Namaskara C



1st Round: Step right leg back to lunge  
& right leg forward into lunge.  
2nd Round: Step with left leg...