

ANN ARBOR YOGA & MEDITATION ANN ARBOR YOGA & MEDITATION

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PAWANMUKTASANA BEGINNER YOGA

PRANAYAMA BREATHING TECHNIQUES

with Ema Stefanova, Yoga Master



PAWANMUKTASANA

BEGINNER YOGA
DVD TRACK 1

Pawanmuktasana is a dynamic beginner yoga sequence, also known as "acupuncture without needles". These gentle, therapeutic whole body "subtle exercises" (**Sukshma Vyayama**) can be used as therapy for the stiff, the sick and the elderly, or as a "warm-up" to prepare the body for higher yoga practices, sports, meditation and an active life. When done correctly, energy blocks are removed and harmony is instilled.

For best results, practice in a well ventilated space or outdoors, on an empty stomach, with eyes closed, with awareness.

PRANAYAMA

BREATHING TECHNIQUES
DVD TRACK 2

Pranayama are simple yet powerful yogic breathing techniques which are introduced here to assist in leading one's body and mind into relaxation, meditation and self-healing.

1. OM Chanting on Exhalation
2. Complete Yogic Breathing
3. "Ha" Breathing
4. Nadi Shodhana (Alternate Psychic Breathing)
5. Om Chanting on Exhalation

All videos were filmed with love by Ema's students in Ann Arbor, Michigan, U.S.A.