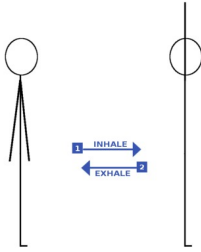


Practice Sequence for Experimentation with Breath

For more information on this practice: www.iamronen.com/alchemy-of-breathing-in-asana

1:

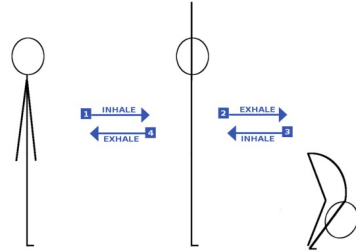


R4

Variations of breath ratios:

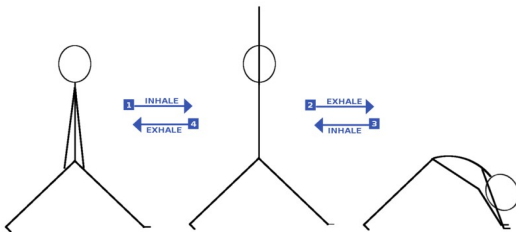
- practice1: 1 - 0 - 1 - 0 no holds
- practice2: 1 - 0.5 - 1 - 0 hold after inhale
- practice3: 1 - 0 - 1 - 0.5 hold after exhale
- practice4: 1 - 0.5 - 1 - 0.5 both holds
- practice5: 1 - 1 - 1 - 0.5 (optional)

2:



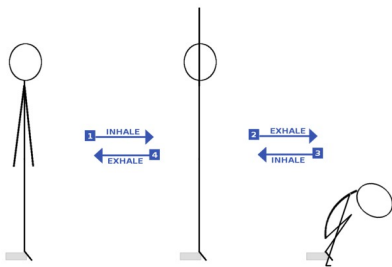
R4

3:



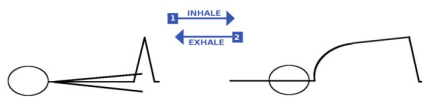
R4 / _

4:



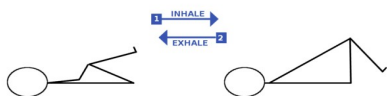
R4

5:



R4

6:



R4

7:

