

Therapeutic Pranayama and Breathwork for Living

By Sarvottam Ji

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Preface

Breath is the essence of life. From the very first inhalation at birth to the final exhalation, our entire journey is measured in breaths. Yet, in the rush of modern living, we forget to breathe consciously. Pranayama, the ancient yogic science of breath, and modern Breathwork practices remind us of this sacred truth. Through these practices, we can heal, rejuvenate, and transform our mind, body, and spirit. This book, *Therapeutic Pranayama and Breathwork for Living*, is written to serve as both a guide and an inspiration. It gathers classical yogic methods, therapeutic breathing techniques, and modern Breathwork practices that are transforming lives worldwide. Those who feel called to explore deeper are warmly invited to learn directly with me in Bali. Here, in the natural energy of the island, you can experience the true power of breath in retreats, teacher trainings, and private sessions. — Sarvottam Ji

Introduction

Breath is not just oxygen exchange — it is life force, or *Prana*. Yogis understood that by regulating the breath, one can regulate the flow of energy in the body, calm the restless mind, and awaken higher states of consciousness. Modern science now confirms what ancient wisdom taught: breathing techniques can influence our nervous system, boost immunity, and heal stress-related conditions. In this book, you will discover: - Classical yogic pranayama practices such as Nadi Shodhana, Bhramari, and Ujjayi. - Therapeutic methods like Dirgha Pranayama, Palavni Pranayama, and Tri-Bandhas. - Modern Breathwork approaches including Holotropic, Wim Hof, Sudarshan Kriya, and more. - Step-by-step sequences for daily practice and healing of sensory organs. This book is a living manual for all — whether you are a seeker of inner peace, a yoga practitioner, or someone simply looking to improve health and vitality. To learn more, join me in Bali at the following websites: - Mantra Yoga and Meditation School - Bali Yoga Center Your breath is your lifelong companion. Let us make it conscious, healing, and divine.

Part I: Foundations of Pranayama

Pranayama is more than a breathing technique; it is a science of energy management. Before practicing, one must understand the basics of posture, time, and environment. A steady spine, quiet place, and empty stomach are ideal. Morning or evening hours are most beneficial. The yogic texts describe energy channels known as 'nadis' and energy centers called 'chakras'. Breath is the bridge that balances body and mind through these channels. By controlling breath, we purify nadis, awaken chakras, and harmonize the nervous system.

Part II: The Classical Schools of Pranayama

The classical pranayamas form the bedrock of yogic breathing. They were described in Hatha Yoga Pradipika and other scriptures. Each technique has unique therapeutic benefits, influencing physical health, emotional balance, and spiritual awakening.

Surya Bhedi: Activates solar energy, increases vitality, and improves digestion.

Chandra Bhedi: Activates lunar energy, calms the mind, and cools the body.

Ujjayi: Improves concentration, soothes anxiety, and strengthens the respiratory system.

Bhastrika: Boosts energy, clears lungs, and ignites digestive fire.

Bhramari: Calms the nervous system, relieves anger, reduces blood pressure.

Sitali: Cools the body, reduces acidity, and aids relaxation.

Sitakari: Purifies the blood, lowers fever, and harmonizes hormonal function.

Murcha: Induces deep meditative states and relieves stress.

Nadi Shodhana & Anulom Vilom: Balances both brain hemispheres, reduces stress, and harmonizes energy.

Dirgha Pranayama: Full yogic breathing that expands lung capacity and improves oxygen intake.

Brahma Pranayama: Enhances mental clarity and balances energy flow.

Palavni Pranayama: A water balancing technique, strengthens lungs and increases vitality.

Kakshapa (Turtle Breathing): Promotes longevity, calms nervous system, and strengthens immunity.

Bhaya Pranayama: External retention that builds willpower and strengthens the diaphragm.

Tri-Bandhas: Energy locks that regulate prana flow and strengthen internal organs.

Part III: Therapeutic and Modern Breathwork

In recent times, modern Breathwork techniques have emerged, blending ancient wisdom with contemporary science. These practices are highly therapeutic and widely used in emotional healing, trauma release, and energy activation.

Holotropic Breathwork: Facilitates deep self-exploration, trauma healing, and expanded consciousness.

Rebirthing Breathwork: Releases emotional blockages and enhances self-awareness.

Wim Hof Method: Improves immunity, mental resilience, and increases energy levels.

Sudarshan Kriya: Balances emotions, relieves depression and anxiety.

Chakra Breathing: Activates and purifies energy centers, promoting spiritual growth.

Dynamic Breathwork: Combines movement and breath for catharsis and liberation.

Pancha Vayu Kriya Pranayama: Balances five vital airs, harmonizing entire energy system.

Part IV: Integrated Sequences & Special Practices

Sequencing pranayama creates a holistic practice. Carefully arranged, these sequences support healing, mental clarity, and spiritual awakening. They can be adapted to individual needs.

Pranayama Yoga Sequence 1: A beginner's set for lung expansion and calming the nervous system.

Pranayama Yoga Sequence 2: Intermediate flow focusing on energy balancing and vitality.

Pranayama Yoga Sequence 3: Advanced practice including bandhas and retentions.

Pranayama for the Sensory Organs: Improves vision, hearing, smell, taste, and touch sensitivity.

Part V: Living the Breath – Practical Guidance

To live with conscious breath is to live with awareness. Establish a daily ritual of pranayama, starting with simple practices and gradually expanding. Always practice on an empty stomach, in a calm space, and with patience. Over time, pranayama awakens meditation naturally. The true aim is not only health but transformation — discovering inner silence, clarity, and connection with the divine.

Closing Chapter: Learn with Sarvottam Ji in Bali

This book is an offering, a guide to begin your journey with the breath. Yet, true depth comes through direct experience. I invite you to join me in Bali, where the sacred atmosphere and natural energy support transformation. Together we practice, learn, and heal. Learn more or register at: - Mantra Yoga and Meditation School - Bali Yoga Center With every breath, may you live fully, heal deeply, and awaken to your highest potential. — Sarvottam Ji